







2.

You are a trainee chef at a youth centre and have been asked to introduce a range of healthy meals and snacks.

(a) Give three reasons why teenagers should make healthy food choices. [3]

(i) .....

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(ii) .....

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(iii) .....

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(b) Suggest how the following snack can be adapted to follow Government healthy eating guidelines. [2]

Snack	Changes suggested
Beef burger and chips	(i) .....
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	.....
	(ii) .....
	.....
	.....

3.

Children's menus are often boring and high in fat, sugar and salt.

(a) Explain the health implications of eating too much fat. [4]

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# Marking Scheme

(a) (i)

[6]

**0-2 marks** for one main health concern, or a weak response with errors and/or poor expression.

**3-4 marks** for a list/fairly good response with some references to the health risk. An attempt to identify more than one health issues around obesity. Writing is structured to communicate meaning clearly and contains relatively few errors. The use of some specialist vocabulary is evident.

**5-6 marks** for a comprehensive/detailed response with 3-4 sound reasons to clarify health issues around obesity. Responses are clearly expressed and are mainly error free. The use of specialist vocabulary is evident.

Likely answers may include:

- Increased risk of coronary heart disease (CHD)
- Diabetes
- Some forms of cancer
- High blood pressure
- Higher cholesterol
- Strokes
- Arthritis/osteoarthritis
- Skin rashes and infections
- Breathing difficulties (the weight on the chest)
- Psychological issues
- Low self esteem
- Depression
- Breathlessness
- Difficulty doing physical activity

(a) (ii)

[6]

**0-2 marks** A list of ways to reduce food intake. A weak response with errors and/or poor expression.

**3-4 marks** A response which shows understanding of how to reduce obesity with some reference to patterns of 'healthy eating'. Relatively few errors with some attempt to discuss.

**5-6 marks** A comprehensive response with sound discussion of ways people can manage their food intake to reduce obesity. Responses are clearly expressed and are mainly error free.

Likely answers may include:

- Follow a balanced diet
- Correct portion sizes from correct section of the eatwell plate
- Increase intake of protein rich foods to help feeling full – avoid too much starchy foods as can turn to glycogen if not used as energy and then turn to fat
- Avoid snacking on high calorie foods
- Swap full fat for a lower fat version
- Include more wholegrain at meal times
- Eat more fruit and vegetables (5 a day)
- Avoid fast food and takeaways, cook more at home using fresh ingredients
- Change cooking methods (grill instead of fry)
- Drink water or low sugar drinks
- Eat leaner cuts of meat/remove any visible fat
- Eat fish more often – white and oily varieties
- Portion control
- Establishing good eating patterns
- The correct combination of nutrients

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- Energy balance
- Reducing/avoiding fats and sugars
- Eating fewer processed food
- Increasing dietary fibre
- Less snacking
- Eating breakfast
- Establishing regular mealtimes
- Use of apps/websites to monitor calorie/food intake

2.

Q.7 (a) **Award 1 mark for each response** [3]

Answers could include:

- Obesity
- Reduced mobility if overweight
- Reduced life expectation
- Bad skin
- Poor teeth
- Prevent constipation
- CHD in later-life
- Type 2 diabetes

(b) **Award 1 mark for each correct alteration** [2]

- Make homemade burgers using lean mince/good quality mince
- Reduce beef content by adding soya mince to burger mixture/Quorn
- Dry fry/grill/oven bake the burgers
- Wholemeal bun
- Oven baked chips/wedges/jacket potato
- Use chicken/turkey mince instead of beef
- Serve burger in lettuce leaves instead of the bun/add salad in the bun

3.

Q.8 (a) **Award 0-2 marks** for a basic answer with some health implications of eating too much fat. Answer may resemble a list.

**Award 3-4 marks** for an explanation of the health implications of eating too much fat.

- Increased risk of obesity which could shorten life span and cause personal, social and psychological problems
- Can lead to being overweight
- Increased risk of high cholesterol
- Increased risk of Type 2 diabetes
- Increased risk of heart disease, heart attacks, strokes
- Increased risk of high blood pressure
- Increased strain on National Health Service
- Halitosis (bad breath)
- Increased risk of some types of cancer
- Joint problems



Q.4	(a)	<p><b>Award 1 mark</b> for a correct answer</p> <p>Melting method (melted)</p>	[1]
		<p>(b) <b>Award 2 x 1 mark for any acceptable ingredient.</b></p> <p>accept food type of named example</p> <p>Answers could include:</p> <ul style="list-style-type: none"> <li>• Add nuts e.g. walnuts, brazil</li> <li>• Add any named dried fruit sultanas, currants, raisins</li> <li>• Add any named fresh fruit – apple, pear, plum</li> <li>• Add seeds e.g. poppy</li> </ul> <p><b>NB. only accept one of each type</b></p> <p>Accept nuts, fruits seeds or named versions as above</p>	[2]
<div style="border: 1px solid black; padding: 2px; display: inline-block;">Criteria marked: examiners to refer to paper mark scheme</div>			
		<p>(c) <b>Award 0-1 mark</b> limited understanding of the health risks of eating a high sugar diet. May resemble a list of health issues.</p> <p><b>Award 2-3 marks</b> for an answer showing some understanding of the health risks of a diet high in sugar.</p> <p>One point with sound explanation or two points simply explained.</p> <p><b>Award 4 marks</b> for a detailed, comprehensive answer that shows clear understanding of the health issues related to a high sugar diet.</p> <p>3/4 points with good explanation, and reference to Type 2 diabetes.</p> <p>Answers could include:</p> <ul style="list-style-type: none"> <li>• Dental problems/tooth decay/tooth loss</li> <li>• Increase in body weight leading to obesity/get fat/problems with joints osteoarthritis due to excess weight</li> <li>• Higher risk of coronary heart disease – do not accept just 'heart attacks'</li> </ul>	
Q.4 (cont.)	(c)	<ul style="list-style-type: none"> <li>• High risk of developing <b>type 2 diabetes</b> which can then impact on the body – leading to neuropathy, blindness, loss of limbs</li> <li>• Fatty liver – leading to liver disease, damaged liver</li> <li>• Sluggish bowels leading to chronic constipation</li> <li>• Increased risk of cancers</li> <li>• Heart conditions</li> <li>• Palpitations and mood swings, tiredness (energy peaks and troughs)</li> </ul>	