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The catering manager in the local leisure centre wants to offer “**healthy options**” to its customers.

(a) Suggest how the **dietary fibre (NSP)** content of the following options could be improved. [4]

Lunch options	Suggested improvements
Cheese baguette	(i) ..... (ii) .....
Chocolate brownie	(i) ..... (ii) .....

(b) Dietary fibre (NSP) is essential in a healthy diet. Explain the functions of dietary fibre (NSP) in the body. [6]

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# Marking Scheme

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<p>(a)</p>	<p><b>Award 4 x 1 mark for each correct answer</b> [4]</p> <p>(i) Cheese baguette – accept any two from</p> <ul style="list-style-type: none"><li>• wholemeal/granary/seeded/half and half: bread/baguette/bap/roll</li><li>• coleslaw</li><li>• salad</li><li>• a <u>named</u> vegetable (for one mark only e.g. tomato and cucumber 1 mark)</li></ul> <p>(ii) Brownie – accept any two from: add</p> <ul style="list-style-type: none"><li>• nuts</li><li>• oats</li><li>• fruit</li><li>• wholemeal flour</li><li>• vegetables e.g. beetroot, carrot</li></ul> <p>Accept dry/fresh versions of fruit</p> <p>Only accept one of each classification e.g. 1 fruit, 1 nut, 1 vegetable etc.</p> <p>Do not accept use brown flour</p>
<p>(b)</p>	<p><b>Criteria marked</b> [6]</p> <p><b>Award 0 marks for an incorrect response.</b></p> <p><b>Award 1-2 marks</b> for a basic answer where candidates have shown limited understanding of the functions of dietary fibre in the diet.</p> <p><b>Award 3-4 marks</b> for a good answer where candidates have shown good understanding of the functions of dietary fibre in the diet.</p> <p><b>Award 5-6 marks</b> for an excellent answer with clear understanding of the functions of dietary fibre in the diet (3 points explained).</p> <ul style="list-style-type: none"><li>• Prevents constipation/regulates bowels/easy and speedy removal of waste</li><li>• Makes the waste soft/bulky</li><li>• Improves bowel health</li><li>• Reduce the risk of diverticular disease/bowel cancer/haemorrhoids/prolapsed bowels</li><li>• Regulates blood glucose</li><li>• Reduces blood cholesterol levels</li><li>• Reduce the risk of heart disease</li><li>• Keeps you feeling full up for longer so prevents over eating/obesity</li><li>• Helps detoxification, removes toxins</li><li>• Aids/helps the digestive system</li><li>• Absorbs/Sucks up waste</li><li>• Keeps digestive system healthy – the bowel is (sort of) part of the digestive system so accept</li></ul>