GCSE MARKING SCHEME

SUMMER 2018

GCSE (NEW)
FOOD PREPARATION AND NUTRITION
COMPONENT 1

C560UA0-1

INTRODUCTION

This marking scheme was used by WJEC for the 2018 examination. It was finalised after detailed discussion at examiners' conferences by all the examiners involved in the assessment. The conference was held shortly after the paper was taken so that reference could be made to the full range of candidates' responses, with photocopied scripts forming the basis of discussion. The aim of the conference was to ensure that the marking scheme was interpreted and applied in the same way by all examiners.

It is hoped that this information will be of assistance to centres but it is recognised at the same time that, without the benefit of participation in the examiners' conference, teachers may have different views on certain matters of detail or interpretation.

WJEC regrets that it cannot enter into any discussion or correspondence about this marking scheme.

EDUQAS Food Preparation and Nutrition
Summer 2018

C560P1

COMPONENT 1

MARK SCHEME

Guidance for examiners

Positive marking

It should be remembered that learners are writing under examination conditions and credit should be given for what the learner writes, rather than adopting the approach of penalising him/her for any omissions. It should be possible for a very good response to achieve full marks and a very poor one to achieve zero marks. Marks should not be deducted for a less than perfect answer if it satisfies the criteria of the mark scheme.

For questions that are objective or points-based the mark scheme should be applied precisely. Marks should be awarded as indicated and no further subdivision made.

Banded mark schemes

For band marked questions mark schemes are in two parts.

Part 1 is advice on the indicative content that suggests the range of food preparation and nutrition, concepts, facts, issues and arguments which may be included in the learner's answers. These can be used to assess the quality of the learner's response.

Part 2 is an assessment grid advising bands and associated marks that should be given to responses which demonstrate the qualities needed in AO1, AO2 and AO4. Where a response is not creditworthy or not attempted it is indicated on the grid as mark band zero.

Examiners should first read and annotate a learner's answer to pick out the evidence that is being assessed in that question. Once the annotation is complete, the mark scheme can be applied.

This is done as a two stage process.

Stage 1 – Deciding on the band

Beginning at the lowest band, examiners should look at the learner's answer and check whether it matches the descriptor for that band. If the descriptor at the lowest band is satisfied, examiners should move up to the next band and repeat this process for each band until the descriptor matches the answer.

If an answer covers different aspects of different bands within the mark scheme, a 'best fit' approach should be adopted to decide on the band and then the learner's response should be used to decide on the mark within the band. For instance if a response is mainly in band 2 but with a limited amount of band 3 content, the answer would be placed in band 2, but the mark awarded would be close to the top of band 2 as a result of the band 3 content. Examiners should not seek to mark candidates down as a result of small omissions in minor areas of an answer.

Stage 2 – Deciding on the mark

During standardising (marking conference), detailed advice from the Principal Examiner on the qualities of each mark band will be given. Examiners will then receive examples of answers in each mark band that have been awarded a mark by the Principal Examiner. Examiners should mark the examples and compare their marks with those of the Principal Examiner.

When marking, examiners can use these examples to decide whether a learner's response is of a superior, inferior or comparable standard to the example. Examiners are reminded of the need to revisit the answer as they apply the mark scheme in order to confirm that the band and the mark allocated is appropriate to the response provided.

Indicative content is also provided for banded mark schemes. Indicative content is not exhaustive, and any other valid points must be credited. In order to reach the highest bands of the mark scheme a learner need not cover all of the points mentioned in the indicative content but must meet the requirements of the highest mark band. Where a response is not creditworthy, that is contains nothing of any significance to the mark scheme, or where no response has been provided, no marks should be awarded.

GCSE FOOD PREPARATION AND NUTRITION - COMPONENT 1 (NEW)

SUMMER 2018 MARK SCHEME

SECTION A

Question	Answer	Mark	AO1	AO2	AO4	Total
1(a)	**Award 1 mark** for each correct response. (i) True (ii) False (iii) True	 1 1 1	 3			 3
(b)	**Award 1 mark** for each correct response up to a maximum of 2. • Fresh yeast, dried yeast, easy action fast blend yeast (accept just "yeast) • Bicarbonate of soda/baking soda • Baking powder • Air from sieving and mixing/aeration (physical method) • Ginger beer/beer • Self-raising flour • Steam (pitta breads) (Accept two different types from same countries)	2	2			2
(c)	**Award 1 mark** for each correct response up to a maximum of 4. **Indicative content (bread and country of origin)** Answers could include: • Baguette France • Foccacia Italy • Rye Bread Scotland • Brioche France • Ciabatta Italy • Barabrith Wales • Naan India • Pitta Turkey • Hot cross bun UK • Pizza/Garlic Bread • Tiger-Netherlands Accept any relevant response and accept any two bread products from the same countries.	4	2	2		4

Question	Answer	Mark	AO1	AO2	AO4	Total
(d)	**Award 1 mark** for each correct response up to a maximum of 2. • Carbohydrate • Starch • Fibre • Vitamin E • Zinc • Selenium • Magnesium • Vitamin K • Protein • Calcium • Iron	2	2			2
(e)	**Award 1 mark** for each condition stated (up to a maximum of 2) and **1 mark** per description (up to a maximum of 2). • Warmth (1) (37°C) Warm liquid (blood temp/body temperature/37°C) hydrates the flour and provides the optimum temperature to activate yeast • Temperature (1) of the room and equipment activates yeast (kneading and proving) • Time (1) to activate yeast through proving • Food (1) (sugar/extra carbohydrate) is needed for yeast to start fermenting • Moisture/Liquid (1) activates yeast • Vitamin C tablet (1) speeds up fermentation process • Oxygen (1) Accept negative responses e.g. Too much salt will destroy the yeast. Only accept the same description once e.g. Activates yeast.	4		4		4
	Total marks for section A		**9**	**6**		**15**

SECTION B

Question	Answer	Mark	AO1	AO2	AO4	Total
2(a)	**Award 1 mark** for the correct response. • **Red** meat (accept just RED)	1	1			1
(b)	**Award 1 mark** for any one of the correct response. • Sodium • Iron • Zinc • Magnesium • Calcium (can credit any correct responses not evident on chart).	1	1			1
(c)(i)	**Award 1 mark** for any one of the correct responses. • Chicken • Poultry • Turkey • Veal	1	1			1
(c)(ii)	**Award 1 mark** for any one of the correct responses. • Beef • Lamb • Pork • Mutton • Game • Venison Do not accept cuts of meat. Accept non- traditional meats available in the UK e.g. Goat.	1	1			1

Question	Answer	Mark	AO1	AO2	AO4	Total
(d)	**Protein Quality.** **Award 1 mark** for each correct response and **1 mark** for the explanation. Foods containing all the essential amino acids (1) have a high biological value (1). HBV protein foods and this means that the quality of protein is very good and contributes to the functional properties of protein: growth, repair and maintenance/ energy (1).	2		2		2
(e)	**Award 1 mark** for each correct response. • Extrusion/Sausage making • Mince • Moulding (balls, patties, burgers) • Dice/Cube • Slice • Batting/pounding • Tying/rolling • Boning • Cutting • Chop/Cleave • Filleting • Butterflying	3	3			3
(f)	**Award 1 mark** per point (up to a maximum of 2) with **additional 2 marks** for some description of each correctly identified change. **Indicative content.** Answers could refer to dry or moist cooking and include: • Protein coagulates (i) sets/becomes firm • Meat muscle shrinks • Moisture is lost • Connective tissue softens/meat is made more tender • Fat melts • Colour changes depending on method of cooking • red to brown (maillard reaction) pink to white/caramelisation • Vitamin B loss in moist methods of cooking • flavour is developed • Bacteria is killed (above when 72-75°C)/prevents food poisoning • Good aroma is released These points may interlink to allow for the extra mark to be awarded. **4 bullets points only stating a change would give 2 marks.**	4		4		4
	Total marks for question 2		**7**	**6**		**13**

Question	Answer	Mark	AO1	AO2	AO4	Total
3(a)	**Award up to** 1 mark basic response, 2 marks for more detailed response. Responses could refer to; A vegan is a strict vegetarian (1) who does not eat any dairy products, eggs or honey i.e. any products from animals. (1) A Vegan is someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits (1) without the use of dairy products meat, fish and eggs. (1) Vegans may object to the use of/or eat animal products (1) because of moral, cultural, ethical or social issues.(1)	2	2			2
(b)	**Award up to 6 marks Indicative content.** **Answers could refer to:** **Impact on food choices and nutrition:** LBV Protein: Plant sources: nuts, beans, lentils and pulses. Essential Fatty Acids: Soya bean or rapeseed oils. Vitamin B2: Whole grains, mushrooms, almonds and leafy vegetables. Vitamin B12: Main source is from meat, dairy and eggs. However, many foods are fortified with this vitamin: veggie burgers, breakfast cereals, vegetable margarines and soya milk/nut milks Vitamin D Fortified foods: soya milk, vegetable margarines. Vegan diet can affect iron absorption, can be low in iron/calcium intake as a result of foods eaten. **Age groups:** Vegan children need nutrient rich foods, high in protein, calcium and vitamins and minerals. Over use of high fibre foods can lead to poor mineral absorption. Dairy products can be replaced with soya products/nut butters/nut cheeses etc. Commercial egg replacer products are also available from health food shops. **Complementary Proteins** Foods that are deficient in one or more of the essential amino acids have a low biological value (LBV). Foods originating from plants (cereals, nuts, seeds, lentils, beans, pulses) are LBV protein foods.	6		6		6

Question	Answer	Mark	AO1	AO2	AO4	Total
	Labelling/Hidden ingredients. Major Impact is needing to have an awareness of what is found in processed foods e.g. cakes/sweets/biscuits to ensure they do not contain any animal products i.e. gelatin. **Food choice** With careful meal planning, it is possible to combine LBV foods to create a complementary protein that contains all the essential amino acids that the body needs. For instance, jacket potato and beans, vegetable chow mein and dahl. As well as the nutritional benefit of combining protein foods, it provides a more varied diet. Limited choices when eating out. May need supplements. Cost – may be more expensive. Sensory factors: colour, flavour, textures may be restricted/limited etc. • credit other acceptable responses Also negatives effects are acceptable.					
	Total marks for question 3		**2**	**6**		**8**

Band	AO2
3	**Award 5-6 marks** for an excellent answer which shows in depth application of knowledge and understanding, when explaining in detail the concept of a vegan diet and how this can affect food choices and nutrition. A range of the points in the indicative content have been addressed. Answers show accurate use of technical and food science terminology.
2	**Award 3-4 marks** for a good answer which shows some understanding and knowledge when explaining in detail the concept of a vegan diet and how this can affect food choices and nutrition. Some of the points in the indicative content have been addressed. Candidates use technical terms with some accuracy.
1	**Award 1-2 marks** for a limited answer which gives basic description of veganism, and how this can affect food choices and nutrition. Answers show little or no use of specialist vocabulary.
0	**Award 0 marks** not credit worthy or not attempted.

Question	Answer	Mark	AO1	AO2	AO4	Total
4(a)	**Award 1 mark** for each correct response up to maximum of 2. Macro nutrients refer to carbohydrates, protein and fat which the body needs in large amounts for growth, repair and energy. They are measured in grams. They are needed in larger amounts is acceptable. Micronutrients refer to vitamins and minerals and trace elements which the body needs in small amounts. They are measured in mg or ug.	2	2			2
(b)	**Award 1 mark** for the correct response. • Photosynthesis	1	1			1
(c)	**Award 1 mark** for each correct response up to a maximum of 3. • Tooth decay/Gum disease/loss of teeth • Obesity/weight gain/lack of energy/ depression • Diabetes **type 2** • Addiction/Craving	3	3			3

Question	Answer	Mark	AO1	AO2	AO4	Total
(d)	**Award up to 6 marks.** **Indicative content.** Answers could include: An explanation of soluble and insoluble fibre. Fibre or Non starch polysaccharides (NSP) is the cellulose found in the outer skins and flesh of fruit and vegetables. Fibre can be split into two different groups: • **Soluble fibre** found in the flesh of fruit and vegetables, oats, beans and lentils. • Soluble fibre is partially broken down during digestion to form a gel type substance that can coat the digestive tract. • This helps to speed up transit time and coats the intestine to help lower blood cholesterol levels, prevent cancer and other digestive problems. • Also partially broken down by processing e.g. pectin can increase the satiety value of the food. • **Insoluble fibre** found in the outer skins of fruit and vegetables, cereals and whole grain food products. • Insoluble fibre cannot be digested by the body. It acts like a bulking agent, absorbing the end products of digestion to allow remove waste products from the body. • Insoluble fibre is not broken down by processing although may be softened (e.g. cooked celery). • Insoluble fibre helps remove toxic substances from the body. Too little soluble and insoluble fibre in our diets can lead to digestive problems such as; • Constipation • Diverticular disease (distortion and inflammation of the digestive tract) • Appendicitis • Haemorrhoids (piles) Candidates may refer to examples within their responses. Credit any other acceptable responses. Award up to 3 marks for only mentioning insoluble or soluble.	6		6		6
	Total marks for question 4		**6**	**6**		**12**

Band	AO2
3	**Award 5-6 marks** Application of knowledge and understanding of the impact on health of fibre in the diet. Within the response the candidate has demonstrated in depth nutritional knowledge and 3-4 points have been outlined and discussed in depth and accurately interpreted in order to make judgements which address the indicative content. They have, via giving examples, accurately identified the difference between soluble and insoluble fibre. There is excellent use of correct terminology.
2	**Award 3-4 marks** The candidate has made a good attempt to apply knowledge and understanding of the impact of fibre in the diet. Nutritional knowledge is good and 2-3 of the reasons highlighted within the indicative content have been addressed within the response. The selected facts have been adequately outlined and discussed in order to make judgements. The candidate has used examples within the response. There is good use of correct terminology.
1	**Award 1-2marks** The candidate has produced a limited response which discusses some of the benefits of fibre in the diet. The response has made basic reference to 1-2 of the reasons within the indicative content. There is some attempt to outline and discuss reasons and some basic judgements have been made. There is limited use of technical terminology.
0	**Award 0 marks** Not credit worthy or not attempted.

Question	Answer	Mark	AO1	AO2	AO4	Total
5(a)	**Award 1 mark** for each a simple response. **Award 1 mark** for the description. • Accept cannot eat cows milk/goats milk/dairy products (1). People with lactose intolerance don't produce enough lactase (1). • Therefore, cannot break down (1) lactose into glucose and galactose/monosaccharides (1). • Lactose stays in the digestive system where it is fermented by bacteria (1). • Leads to the production of various gases (1). • Symptoms include diarrhoea, fatigue, stomach pain, weight loss (1). • **Milk is present on the known allergen list – so can be accepted**	2	2			2
(b)	**Award 1 mark** per correct identification of ingredient/s that needs to be changed to meet the dietary need. **Award 1 mark** per alternative ingredient with or without the explanation to justify the change in relation to the dietary need. Answers could include: • Remove the milk (1) and replace with lactose free milk, dairy free milk, almond milk soya milk (1) as it does not contain lactose • Replace milk (1) with juice to create smoothie (1). • Replace milk with fruit with a high water content (1) and blend until smooth to create a smoothie (1). Goats milk contains lactose but in a form that some people can tolerate, hence this can also be accepted.	2	1	1		2
(c)	**Award 1 mark** for each correct statement in relation to changes. • **Climacteric:** rapid ripening and deterioration after harvesting associated with increased ethylene production and a rise in cellular respiration. Apples**,** bananas, melons, apricots**,** tomatoes banana, mango, pear are climacteric. • **Non climacteric**: slow ripening and deterioration after harvesting (citrus fruit, apples, kiwi, pineapple, grapes). • Fruit continues to respire and ripen. • **Change colour.** • **Texture/**Structural changes. • Fruits shrink, become soft, limp, with leathery and wrinkled skins caused by enzymic action.	4		4		4

Question	Answer	Mark	AO1	AO2	AO4	Total
	• Mould due to naturally occurring spores that use sugar released during ripening and ultimate breakdown of cells over time and an ambient temperature. • Aroma changes. • Food rots/becomes inedible goes fizzy/ferments. • Fully decomposes.					
	Total marks for question 6		**3**	**5**		**8**

Question	Answer	Mark	AO1	AO2	AO4	Total
6(a)	**Award 1 mark** for the correct response. Answers could include: • Kcal • KJ Accept just cals/joules.	1	1			1
(b)	**Award up to 2 marks** for the correct response. **1 mark** for a basic explanation (could be the energy balance diagram). **2 marks** for a more detailed explanation. • If energy intake from food and drink equals the energy used weight will stay the same. • If energy intake from food and drink is less than your energy expenditure, weight loss will occur. If energy intake from food and drink is greater than energy expenditure, weight gain will occur. Reference could be also be made to; "energy in equals energy used for normal everyday activities".	2	2			2

Question	Answer	Mark	AO1	AO2	AO4	Total
(c)	**Award up to 8 marks.** **Indicative content.** Answers could include: Energy requirements are based upon: **Age**: During childhood, periods of rapid growth and development place a greater requirement for energy, to allow the body to perform these functions. Older people find their metabolism slows down and their physical activity levels reduce leading to a decreased need for energy. **Different metabolic rates** **Life stage**: The need for energy can depend on the life stage. During pregnancy an expectant mother must consider herself and her unborn baby's needs to allow for healthy growth and development of the baby as well as her own health. **Gender - male or female**: Men and women have different needs for energy because of their different body structure, build, weight and activity levels. **Occupation**: People in different occupations use different amounts of energy. For example, 8 hours of active work might use 1800Kcal. 8 hours sitting at a desk might use 900kcal. **Exercise and other physical activity**: It is important to have exercise in your daily life at all ages. This helps to keep us fit and active with a healthy body and mind. Every time you move, you use energy. The more strenuous the activity, the more energy you use. **Convalescence and illness** Credit any other acceptable responses.	8	2	6		8
	Total marks for question 6		**5**	**6**		**11**

Band	AO1 Max 2 marks	AO2 Max 6 marks
3		**Award 5-6 marks** The candidate has produced an excellent response showing very good application of dietary knowledge of nutrition and food when applying to individuals and discussing the need for different energy intakes.
2	**Award 2 marks** The candidate has written a good response that demonstrates an adequate level of knowledge and understanding of the dietary requirements of energy. The candidate has used appropriate technical terminology referring to the indicative content.	**Award 4-3 marks** The candidate has produced a good response demonstrating adequate application of knowledge when applying to individuals and discussing the need for different energy intakes.
1	**Award 1 mark** The candidate has written a limited response that demonstrates a basic level of knowledge and understanding of the dietary requirements of energy.	**Award 1-2 mark** The candidate has demonstrated limited application of knowledge when applying to individuals and discussing the need for different energy intakes Or they have produced a simple list or bullet points of foods to eat with little or no explanation.
0	**Award 0 marks** Response not credit worthy or not attempted.	**Award 0 marks** Response not credit worthy or not attempted.

Question	Answer	Mark	AO1	AO2	AO4	Total
7(a)	**Award 1 mark** for each correct response up to a maximum of 3. • Food (1), temperature/warmth (1), moisture/liquid (1), PH value (1), time (1), HBV protein content (1), Oxygen/air (1).Carbon dioxide (1) Do not accept named methods of preservation.	3	3			3
7(b)	**Award up to 4 marks per level of response** **1 mark** for a statement **1 mark** for explanation **Indicative content.** Answers could include: • Food poisoning occurs when foods spoil rapidly (1) because of a high water content and high nutritional content (1). • Because of warm, moist conditions (1) food poisoning would occur in any named high risk food: (1) raw and cooked meat, poultry and fish, cheese, milk and dairy products, eggs and cooked rice. • Food deteriorates rapidly making it unsafe (1) to eat because of micro-organism/enzyme/natural decay activity (1). • When using highly perishable food, handlers must check date marks (1) so that safety of handled products is ensured due to their rapid deterioration (1). Shelf life • Cross contamination (1) will occur if high risk foods are exposed to poor hygiene or storage: any of the named following examples: food to food (raw/cooked/ pre purchased) • Personal/kitchen Hygiene: food handler to food /equipment to food/pest to food/pet to food (1). • Store and correct temperatures/out the danger zone – storage **Temperatures may be referred to within the responses.** Only credit responses related to **handling** and **food storage.**	4	4			4

Question	Answer	Mark	AO1	AO2	AO4	Total
7(c)	**Award up to 6 marks.** **Indicative content.** Answers could include: **Moulds** **Uses in food production**: • Blue veined cheeses/e.g. Stilton, Danish blue, brie harmless moulds are used to produce specific flavours and textures and aromas. • Some sausages, such as salami, incorporate starter cultures of moulds to improve flavour and reduce bacterial spoilage during curing. • Microbial rennet for making vegetarian and other cheeses. • Improves appearance of foods. **Bacteria** **Uses in food production**: • Cheese and yoghurts: manufacture use cultures of lactic acid bacteria to produce characteristic flavours and textures to these products. • Fermented foods e.g. Sauerkraut: bacteria will improve flavour and texture and have a positive effect on the bacteria flora of the digestive gut. Award a maximum of 3 marks if only Mould or Bacteria is referenced.	6	2	4		6
	Total marks for question 7		**9**	**4**		**13**

Band	AO1 Max 2 marks	AO2 Max 4 marks
3		**Award marks** The candidate has produced an excellent response showing very good application of knowledge of the use of mould and bacteria in food production.
2	**Award 2 marks** The candidate has written a good response that demonstrates a adequate level of knowledge of the use of mould and bacteria in food production.	**Award 2-3 marks** The candidate has produced a good response demonstrating adequate application of knowledge of the use of mould and bacteria in food production.
1	**Award 1 mark** The candidate has written a limited response that demonstrates a basic level of knowledge of the use of mould and bacteria in food production.	**Award 1 mark** The candidate has demonstrated limited application of knowledge of the use of mould and bacteria in food production.
0	**Award 0 marks** Response not credit worthy or not attempted.	**Award 0 marks** Response not credit worthy or not attempted.

Question	Answer	Mark	AO1	AO2	AO4	Total
8.	**Award up to 10 marks.** **Indicative content.** Answers could include: Food labelling is regulated under the Food Safety Act 1990, where the main responsibilities of food businesses under the Act are to ensure that the food is labelled, advertised and presented in a way that is not false or misleading to consumers. The Food Labelling Regulations 1996 describe the information that must be on a food label. The legal information required on a food label is: • **Name of the food**. This must also include a description of the food product, if the name of the product does not make this clear. For instance lasagne. Additionally if the food product has been subjected to any special processing treatment it must be made clear on the label, for instance smoking of meat, fish or cheese. • **Ingredients listed in descending order of weight**. This will inform consumers about the ingredients used to make the food product. Food additives and water must also be listed. • **Additives** in the food product. It is likely that these will be named, and may also include E numbers. Food additives have a number of important functions, but despite this there is an increasing demand for foods without them, particularly those considered to cause allergic and intolerant reactions. Manufacturers are working towards '**clean labels'** as a result of the concerns about the use of artificial chemicals in food. This means that they are trying to reduce the use of artificial additives by using natural substances to restore, enhance or improve the functional characteristics of food. Natural additives can be difficult for food manufacturers to use as they are often hard to control due to their instability once extracted from their plant or animal origin. • **Instructions for use, cooking and storage**. This informs the consumers how to store, cook and use the food product in order to prevent food spoilage. Temperature and time control guidelines help the consumer to ensure food will be safe to eat, if the instructions are followed correctly.	10			10	10

Question	Answer	Mark	AO1	AO2	AO4	Total
	• **Net quantity**. Most pre-packed food is required to show the net weight or volume. If food is not sold pre-packed, the quantity or volume must be shown. This allows consumers to compare the cost of food products to determine value for money. • **Name and address of the manufacturer** allows consumers to contact manufacturers in cases of faulty goods or to seek further advice about products. • **Place of origin** informs consumers the place where the food has come from. Insert 4.8.3 food label with place of origin (tomatoes from Spain). • **Special claims** inform the consumer about the suitability of a food product for people with intolerances and **allergies** to specific foods. Any specific **nutritional claims** must be supported with evidence to justify and substantiate the claim. GM and organic foods are also clearly labelled where appropriate. • **Processing treatments**. The name of a food must include an indication of its physical condition or treatment, where it could be misleading if that information is not available on the label. For example UHT milk, smoked fish, unpasteurised cheese, frozen vegetables. • **Date mark system**. This informs the consumers about the length of time the product can be kept in optimum condition. • '**Use by date'** is for high risk, perishable foods (raw and cooked meats, chilled foods, dairy products). The day and month is shown, as well as any storage conditions that must be followed. After this date, the food may not look or taste different, but it will be unsafe to eat and should be thrown away. • **'Best before date'** is for low risk foods (crisps, biscuits or foods that have undergone processing treatments to extend their shelf life e.g. UHT milk). The day, month and year will be shown. After this date, the sensory characteristics (taste, flavour, colour, smell, texture) of the food will deteriorate. • **'Display until' or 'sell by'** is used by the food retailer to inform stock rotation as a critical control point. Food retailers will remove the product from shelves or chill/freezer cabinets. This date is usually a few days before the 'use by date'. This is not a legal requirement. – Nutritional information is a legal requirement from December 1st 2016. • **Voluntary inform**ation found on labelling may be credited e.g. Serving suggestions, opening instructions, recyclable. **Explanations and examples must be included within each mark band awarded.** Accept any other acceptable responses.					
	Total marks for question 8				**10**	**10**

Band	AO4
3	**Award 8- 10 marks** Candidate has produced an excellent response which shows in depth application of knowledge and understanding of labelling. 4-5 reasons have been discussed in full and accurate examples have been used to analyse and evaluate on the points within the indicative content. Specialist vocabulary related to the indicative content is used with ease and accuracy.
2	**Award 4-7 marks** Candidate has produced a good response which shows clear application of knowledge and understanding of labelling. Some discursive comments linked to 2-3 points within the indicative content and accurate examples have been given to support judgements with analysis and evaluation. Some attempt to use specialist vocabulary.
1	**Award 1-3 marks** Candidate has produced a limited response which shows a limited knowledge or application of knowledge of labelling. Response mentions 1-2 points within the indicative content. Little or no attempt to discuss how labelling informs and protects. Little or no reference to examples. Little or no use of specialist vocabulary.
0	**Award 0 marks** Response not credit worthy or not attempted.

Question	Answer	Mark	AO1	AO2	AO4	Total
9.	**Award up to 10 marks.** **Indicative content.** Answers could include reference to: • Buy locally. • Consider use of Fair trade produced food. This supports farmers, as well as ensuring that they receive fair terms of trade and better prices/reduces pollution/carbon emissions. • Use Farmers markets, these are run by farmers and food growers from the local area who have the chance to talk/inform/guide about the food to the people who have grown or produced it. Farmers markets are more profitable (fair trade effect) for the farmer because the food is being sold directly to the consumer without the need to involve a shop or supermarket. • Look for environmentally friendly food items: Organisations promoting environmental issues within the food industry, any named scheme such as The Marine Stewardship, Farm Assured Scheme, Red Tractor and Soil Association organisations raise our awareness and appreciation of managing our natural resources. • Buy line caught fish to reduce fish discard/over fishing/throw back of unlanded fish. • Look for recycled packaging materials to reduce landfill. • Make use of on line shopping and home delivery, where this is available, less individual cars on the road. • Cycle instead of driving. • Buy in bulk so shop less often. • Consider types of packaging food in purchased in, buy from outlets using paper bags. • Buy loose produce not pre-packed where ever possible. • Buy and cook in bulk. • Use “wonky” veg/ugly/imperfect shapes – avoiding waste. • Pesticides. • Avoid over waste by avoiding BOGOF. • Make use Farmers markets, people selling their own from allotments etc. • Controversy with date marks – people throwing away when still useable. • Consider over packaging/plastic versus paper etc. Accept any other acceptable responses in relation to shopping.	10			10	10
	Total marks for question 9				**10**	**10**

Band	AO4
3	**Award 8-10 marks** A well balanced excellent answer showing thorough knowledge and the ability to analyse, explain and assess how consumers can show environmental awareness when shopping for food and the ability to identify and explain realistic and achievable ways this can be achieved. Response demonstrates excellent application of knowledge related to a range of points (5-6) within the indicative content. Technical terms are used with ease and accuracy.
2	**Award 5-7 marks** A fairly well balanced answer showing good knowledge and clear understanding of how consumers can show environmental awareness when shopping for food and give some explanation of realistic and achievable ways this can be achieved. Response demonstrates good application of knowledge related to some points (3-4) included in the indicative content. Technical terms are used with some accuracy.
1	**Award 1- 4 marks** Some analysis and demonstration of knowledge with reference to the reasons for how consumers can show environmental awareness when shopping for food is evident, but assessments made lack accuracy. Responses identify some ways of how this can be achieved as indicated in the indicative content but lacks exemplification. Limited use of technical terms.
0	**Award 0 marks** Not credit worthy or not attempted.

Coverage of Assessment Objectives 2018					
Question	**Mark**	**AO1**	**AO2**	**AO4**	**Total**
1a	**3**	**3**			**3**
b	**2**		**2**		**2**
c	**4**	**4**			**4**
d	**2**	**2**			**2**
e	**4**	**4**			**4**
					15
2a	**1**	**1**			**1**
b	**1**	**1**			**1**
Ci/ii	**2**	**2**			**2**
d	**2**		**2**		**2**
e	**3**	**3**			**3**
f	**4**		**4**		**4**
					13
3a	**2**	**2**			**2**
b	**6**		**6**		**6**
					8
4a	**2**	**2**			**2**
b	**1**	**1**			**1**
c	**3**	**3**			**3**
d	**6**		**6**		**6**
					12
5a	**2**	**2**			**2**
b	**2**	**1**	**1**		**2**
c	**4**		**4**		**4**
					8
6a	**1**	**1**			**1**
b	**2**	**2**			**2**
c	**8**	**2**	**6**		**8**
					11
7a	**3**	**3**			**3**
b	**4**		**4**		**4**
c	**6**	**2**	**4**		**6**
					13
8	**10**			**10**	**10**
					10
9	**10**			**10**	**10**
					10
Totals	100	40	40	20	100
% AO		20%	20%	10%	50%

AO1

Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.

AO2

Apply knowledge and understanding of nutrition, food, cooking and preparation.

AO4

Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others.