

# **Home Economics (Food and Nutrition)**

GCSE J431

Principles of Food and Nutrition B003

## **Mark Scheme for June 2010**

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All Examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the Report on the Examination.

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Question number	Answer	Marks		Rationale
<b>Question 1</b>				
<b>(a)</b>	<p><b>How much water are we advised to drink per day?</b> One mark for correct answer.</p> <p>2-4 litres At least 2 litres 8-12 glasses 3-5 pints.</p>	<b>[1x1]</b>	<b>[1]</b>	
<b>(b) (i)</b>	<p><b>Give THREE functions of water in the body.</b></p> <p>One mark for each correct answer, THREE required.</p> <p>For concentration/performance/brain function Decrease fatigue/ more energy Decreased risk of migraines/headaches Decreased risk of kidney problems Light urine/wee/faeces Normal blood pressure/less risk of high blood pressure Decreases likelihood of constipation/helps bowel movements Maintain cell function/healthy skin Regulate temperature Maintain hydration/to stay hydrated Aids digestion Body fluids (ie) blood, saliva, joints Chemical reactions Mucous membranes healthy Absorbs nutrients</p>	<b>[3x1]</b>	<b>[3]</b>	

Question number	Answer	Marks		Rationale
(ii)	<p><b>Give THREE occasions when we need to drink more water.</b> One mark for each correct answer, THREE required.</p> <p>Heat/high temperatures/humidity Exercise/any specific sport or activity/sweating/perspiring When alcohol is consumed When caffeine/tea/coffee are consumed When carbonated drinks are consumed For an increased fibre intake Lactation/Lactating mothers Pregnancy When ill/specific illness Raised temperature Vomiting Diarrhoea. When dehydrated</p>	[3x1]	[3]	
(iii)	<p><b>Name TWO foods which have a high water content.</b> One mark for each correct answer, a maximum of TWO.</p> <p>Tomatoes Cucumber Lettuce Spinach Rocket Watermelon Soup or named soup Fruit Vegetables Any sensible suggestion.</p> <p>Do not accept “drinks” or named drinks (ie) juice.</p>	[2x1]	[2]	Do not accept “potatoes”

Question number	Answer	Marks		Rationale
(c)	<p><b>Identify THREE ways of reducing our salt intake.</b> One mark for each correct answer, THREE required.</p> <p>Use less salt in cooking Eat less salty foods/foods with less salt Do not add salt at the table/do not put a salt pot out/add less salt to food at the table Consume less processed foods Cook fresh foods Stay hydrated (when cooking) Read packets – be aware of how much salt (sodium) is in food By lo-salt Don't buy salted products such as bacon, butter, tinned food in salt/buy alternatives to these such as unsalted bacon or butter/buy products in spring water rather than brine. Rinse salted/brined canned products Use herbs or spices for flavourings/seasonings.</p>	[3x1]	[3]	Do not accept “eat less salt”
(d) (i)	<p><b>What is meant by the term “fortified food”?</b> Maximum of ONE mark.</p> <p>The addition of a nutrient to a food or ingredient.</p>	[1x1]	[1]	
(ii)	<p><b>Identify THREE foods which are fortified.</b> One mark for each correct answer, maximum of THREE.</p> <p>Bread Flour Breakfast cereal Margarine Orange Juice</p>	[3x1]	[3]	

Question number	Answer	Marks		Rationale								
(iii)	<p><b>Describe TWO reasons why food could be fortified.</b> One mark for each correct answer, a maximum of FOUR.</p> <p>To target a specific group of the population with specific nutrients</p> <p>Vehicle for combating specific nutritional deficiencies prevalent in a community or population</p> <p>Promotion of health or health benefits of the nutrient</p> <p>Restore the nutrients naturally found in food before processing</p> <p>Enhancing nutritional value of the food/ingredient</p> <p>To help sell the product – only if qualified</p> <p>Food is used as a carrier – specifying nutrient/carrier and population group using the following examples:</p> <table border="1" data-bbox="324 879 1173 1324"> <thead> <tr> <th data-bbox="324 879 801 919">Population or deficiency</th> <th data-bbox="801 879 1173 919">Nutrient</th> </tr> </thead> <tbody> <tr> <td data-bbox="324 919 801 1086">           Pregnancy            Prevention of:            Neural tube defect            Metoblastic anaemia            Helps brain development         </td> <td data-bbox="801 919 1173 1086">Folic acid or folate</td> </tr> <tr> <td data-bbox="324 1086 801 1190">           Children            Elderly            Brain development         </td> <td data-bbox="801 1086 1173 1190">Omega-3</td> </tr> <tr> <td data-bbox="324 1190 801 1324">           Women/adolescents (females)            Prevention of anaemia            White bread flour – to restore natural levels         </td> <td data-bbox="801 1190 1173 1324">Iron</td> </tr> </tbody> </table>	Population or deficiency	Nutrient	Pregnancy Prevention of: Neural tube defect Metoblastic anaemia Helps brain development	Folic acid or folate	Children Elderly Brain development	Omega-3	Women/adolescents (females) Prevention of anaemia White bread flour – to restore natural levels	Iron			
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<p>Prevention of: Metabolism problems Nervous disorders Beriberi There is an increased need in pregnancy, lactation, cancer and strenuous exercise White bread flour – to restore natural levels</p>	Thiamin			
<p>White bread flour – to restore natural levels</p>	Calcium			
<p>Vitamin A deficiency is one of the top three major health problems worldwide Prevention of general blindness and night blindness Makes more commonly consumed margarine like butter</p>	Vitamin A			
<p>Prevention of: Rickets Osteomalacia Soft bones Makes more commonly consumed margarine like butter</p>	Vitamin D			
<p>Helps fat metabolism Reduction in the risk of developing cancer and heart disease Makes more commonly consumed margarine like butter</p>	Vitamin E			
<p>Helps fat metabolism Reduction in the risk of developing cancer and heart disease Makes more commonly consumed margarine like butter</p>	Vitamin K			

Question number	Answer	Marks		Rationale	
	Prevention of: Anaemia Oily skin Cracks and inflammation of the mouth	Riboflavin (Vitamin B <sub>2</sub> ) Vitamin B <sub>6</sub>			
	Prevention of: Pellagra Dermatitis Diarrhoea Dementia	Niacin (nicotinic acid)			
	Scurvy Added to replace what is lost in processing	Vitamin C			
	Goutier Iodine deficiency	Iodine			
	<b>Do no accept "To make healthier".</b>				
<b>Question 1 total</b>		<b>[20]</b>			

Question number	Answer	Marks		Rationale
<b>Question 2</b>				
(a) (i)	<p><b>State ONE way in which the spaghetti bolognese recipe could be adapted to reduce fat.</b> One mark for each correct answer</p> <p>Use a lean beef mince Use turkey mince Low fat cheese Omit/don't use cheese Use a strong cheese but use less Use Quorn/tofu/soya/meat alternative Use beans/pulses/lentils.</p>	[1x1]	[1]	
(ii)	<p><b>State ONE way the spaghetti bolognese recipe could be adapted to increase fibre (NSP)?</b> One mark for one correct answer, ONE required.</p> <p>Add beans or lentils Use wholemeal flour Use wholemeal spaghetti Do not peel the carrot Include more vegetables - such as peppers or peas Use bran as a thickener.</p>	[1x1]	[1]	
(iii)	<p><b>Give ONE reasons why fibre (NSP) is needed in the body.</b> One mark for each correct answer</p> <p>Maintains the digestive system/helps prevent constipation/helps bowel movement/keeps intestines healthy Cancer preventing Increases the feeling of satiety/less hungry Reduces cholesterol</p>	[1x1]	[1]	<p><b>Do not accept "to keep you healthy"</b></p> <p><b>Accept "helps go to the toilet"</b></p>

Question number	Answer	Marks		Rationale
(b) (i)	<p><b>State how the spaghetti bolognese recipe could be adapted to make it suitable for vegetarians.</b> One mark for the correct answer, ONE required.</p> <p>Use Quorn/tofu/soya mince/meat alternative instead of minced beef Use lentils, pulses, beans and or peas instead of minced beef Use vegetables instead of minced beef</p>	[1x1]	[1]	
(ii)	<p><b>Explain why the spaghetti bolognese recipe is not suitable for coeliacs.</b></p> <p>One mark for – cannot eat the flour/spaghetti Second mark – mention of gluten.</p>	[2x1]	[2]	“gluten” on own would be 1 mark only unless qualified
(c) (i)	<p><b>Give one function of each of the following ingredients in the sponge cake mixture.</b> One mark for each correct answer for each ingredient, THREE required in total.</p> <p><b>Margarine</b> – colour/ flavour/ keeps the cake moist/ helps the mixture to trap air. <b>Eggs</b> – binding/ traps air/ helps to set cake once risen during baking. <b>Flour</b> – bulking agent/ forms structure/ raising agent (do not accept provides fibre or NSP).</p>	[3x1]	[3]	Do not accept anything regarding nutrient information for any function
(ii)	<p><b>Explain the qualities of a successfully cooked sponge cake.</b> This question is marked according to the quality of response.</p> <p><b>High level response 4-6 marks</b> Structured sentence Detailed explanation with clear reasoning Technical terminology used correctly.</p>			Maximum of 3 marks if just a list of qualities and no explanation

Question number	Answer	Marks		Rationale														
	<p><b>Mid Level response 3-4 marks</b> Basic information, some in a bullet point format There may be some attempt at reasoning/explanation, although not always correct</p> <p><b>Low level response 0-2 marks</b> Bullet point answers Limited suggestions No reasoning/explanation as to why</p> <p>Subject specific material:</p> <table border="1" data-bbox="331 678 1167 1230"> <thead> <tr> <th data-bbox="331 678 750 746">Qualities of a sponge mixture</th> <th data-bbox="750 678 1167 746">Explanation of qualities</th> </tr> </thead> <tbody> <tr> <td data-bbox="331 746 750 815">Even/well risen</td> <td data-bbox="750 746 1167 815">Raising agents Incorporation of air</td> </tr> <tr> <td data-bbox="331 815 750 919">Even colour/appropriate browning/golden brown</td> <td data-bbox="750 815 1167 919">Cooked for an appropriate amount of time and at the correct temperature</td> </tr> <tr> <td data-bbox="331 919 750 991">Evenly cooked, not sticky in the middle</td> <td data-bbox="750 919 1167 991">Cooked at the right temperature for long enough</td> </tr> <tr> <td data-bbox="331 991 750 1059">Good flavour</td> <td data-bbox="750 991 1167 1059">Correct mixture and ingredients</td> </tr> <tr> <td data-bbox="331 1059 750 1163">Light texture/not dense/heavy or soft/not crumbly/not dry/moist</td> <td data-bbox="750 1059 1167 1163">Correct ingredients and recipe</td> </tr> <tr> <td data-bbox="331 1163 750 1230">Springy/not stodgy</td> <td data-bbox="750 1163 1167 1230">Well risen from incorporation of air</td> </tr> </tbody> </table> <p><b>Question 2 total</b></p>	Qualities of a sponge mixture	Explanation of qualities	Even/well risen	Raising agents Incorporation of air	Even colour/appropriate browning/golden brown	Cooked for an appropriate amount of time and at the correct temperature	Evenly cooked, not sticky in the middle	Cooked at the right temperature for long enough	Good flavour	Correct mixture and ingredients	Light texture/not dense/heavy or soft/not crumbly/not dry/moist	Correct ingredients and recipe	Springy/not stodgy	Well risen from incorporation of air	<p>[6]</p> <p>[15]</p>	<p>[6]</p>	
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Question number	Answer	Marks		Rationale
<b>Question 3</b>				
<b>(a)</b>	<p><b>On the thermometer below identify the temperature at which the following occurs:</b></p> <p><b>0-5°C; refrigerator temperature (already labelled).</b></p> <p>One mark for each correct label, THREE required.</p> <p>72°C Bacteria destroyed</p> <p>- 18°C Freezer temperature</p> <p>05-60°C Danger zone for bacterial growth.</p>	<b>[3x1]</b>	<b>[3]</b>	
<b>(b)</b>	<p><b>Identify TWO bacteria that cause food poisoning.</b></p> <p>One mark for each correct answer, TWO required.</p> <p>Escherichia coli (E-coli)</p> <p>Salmonella</p> <p>Clostridium perfringes/clostridium/ botulinium</p> <p>Staphylococcus</p> <p>Campylobacter</p> <p>Listeria</p> <p>Bacillus cereus</p>	<b>[2x1]</b>	<b>[2]</b>	<b>Accept incorrect spelling providing it is clear what the candidate means</b>

Question number	Answer	Marks		Rationale	
(c) (i)	<p><b>Name TWO commercial preservation methods with an example of food preserved by this method.</b> One mark for each correct answer and one mark for each correct explanation.</p>			<p>Accept “freezing” with a suitable product</p> <p>Accept responses that are correct but not listed (ie) pickling/bottling</p>	
	Commercial preservation method. EG. <b>(TWO required)</b>				Food preserved by this method. EG. <b>(TWO required)</b>
	Canning				Any tinned product such as fruit, beans, chilli, sauces, any sensible suggestion
	Accelerated Freeze Drying				Frozen meats, fish, any sensible suggestion
	Controlled atmosphere packaging				Fruit, any sensible suggestion
	Vacuum packaging				Bacon, ground coffee, any sensible suggestion
	Cook-chill				Ready meals, any sensible suggestion
	Modified atmosphere packaging (MAP)				Ready-meals, meat, fish, crisps, any sensible suggestion
	Irradiation				Herbs, strawberries, salads, any sensible suggestion
	Cryogenic freezing				Frozen vegetables, any sensible suggestion
	Jamming				Suitable jam
	Salting				Fish
Drying	Herbs, milk, soup - any sensible suggestion				
[2x2]	[4]				

Question number	Answer	Marks	Rationale
(ii)	<p><b>Explain good hygiene practice in the kitchen.</b></p> <p>This question is marked according to the quality of response.</p> <p><b>High level response 4-6 marks</b>            Structured sentence            Clear reasoning/explanation</p> <p><b>Mid Level response 3-4 marks</b>            Basic information, some in a bullet point format            Good attempt at reasoning/explanation, although not always correct</p> <p><b>Low level response 0-2 marks</b>            Bullet point answers            Limited suggests (ie) keep things clean            No reasoning/explanation as to why</p> <p>Subject specific material (examples):</p> <p>Stack fridge correctly, such as, raw meat on bottom shelf            Store foods according to their correct storage instructions            Correct temperature for storage            Only re-heat foods once            Use different cooking utensils for different food groups/ Use correct coloured boards            Clean equipment and surfaces (with an anti-bacteria spray)            Use within the best before and use by dates            Clear up spilt goods            Wash fresh produce            Cook foods according to cooking instructions            Wash hands            Tie hair back            Take off jewellery</p>		<p><b>Detailed explanation with clear reasoning.</b></p> <p><b>Maximum of 3 marks if no explanation just practices</b></p> <p><b>Candidates are expected to provide a range of good hygiene practises (ie) not all related to personal hygiene or equipment. If a candidate provides all their good hygiene practises for one area such as personal hygiene only, they can only achieve a maximum of 2 marks.</b></p>

Question number	Answer	Marks		Rationale
	Remove nail varnish Cook in clean clothes/wear an apron Pets/pests out of kitchen/off surfaces Rubbish bins away from preparation and storage areas/kept clean and tidy Clean and clear floors Take extra care with food preparation when ill Cover food Stock rotation to ensure freshness Avoid coughing/sneezing over food Handle food as little as possible Cover cuts with waterproof dressing Avoid cross-contamination.	[6]	[6]	
	<b>Question 3 total</b>	<b>[15]</b>		

Question number	Answer	Marks		Rationale
<b>Question 4</b>				
(a)	<p><b>Name FOUR pieces of information that could be found on a food label.</b> One mark for each correct answer, maximum of FOUR.</p> <p>Ingredients Nutritional information – fat, energy, calories, kilojoules, protein, carbohydrate, sugar, salt (maximum of TWO) Guideline daily amounts Cooking instructions Storage instructions Allergy information Health warnings and symbols (ie) suitable for vegetarians, GI Serving suggestions/instructions/pictures Suggested portion size Manufacturer’s address Complaints procedure Country of origin/where made Weight Price Claims (ie) low fat Environmental symbols (ie) recyclable Other symbols (ie) organic, farm assured Best before/use by/sell by date Name of the product</p>	<b>[4x1]</b>	<b>[4]</b>	

Question number	Answer	Marks		Rationale				
(b)	<p><b>Explain how the role of marketing and advertising could influence consumer food choices.</b> This question is marked according to the quality of response.</p> <p><b>High level response 7-8 marks</b> Structured sentences, no bullet points Specific terms used appropriately Well presented and balanced answer Few if any errors in spelling, punctuation and grammar</p> <p><b>Mid to high level response 5-6 marks</b> Structured sentences Use of explanation and reasoning General terms used and attempt at specialist terms Occasional errors in spelling, punctuation and grammar</p> <p><b>Mid to low level response 3-4 marks</b> Some structured sentences, some listing/bullet points Attempt at explanation/reasoning Some errors in spelling, punctuation and grammar</p> <p><b>Low level response 0-2 marks</b> Bullet point answers Repetition Limited facts Errors in spelling, punctuation and grammar may be intrusive</p> <p>Subject specific information that may be covered by the candidate:</p> <table border="1" data-bbox="331 1220 1167 1356"> <thead> <tr> <th data-bbox="331 1220 636 1257">Point</th> <th data-bbox="636 1220 1167 1257">Explanation/reasoning</th> </tr> </thead> <tbody> <tr> <td data-bbox="331 1257 636 1356">Price of the product</td> <td data-bbox="636 1257 1167 1356">Can they afford it Budgeting Special of introductory offers</td> </tr> </tbody> </table>	Point	Explanation/reasoning	Price of the product	Can they afford it Budgeting Special of introductory offers			<p><b>High level – must address marketing and advertising as well as influences on food choices</b></p> <p><b>Med level – must address all aspects (advertising, marketing and influence) but may not be balanced.</b></p> <p><b>Maximum of 3 marks for a list of points and no reasoning</b></p>
Point	Explanation/reasoning							
Price of the product	Can they afford it Budgeting Special of introductory offers							

Question number	Answer		Marks		Rationale
		will increase purchases			
	Nutritional information	Is the products making any claims and therefore appealing to a target audience (ie) weight loss			
	Colour, packaging	Could attract certain groups (ie) children like cartoon characters/ targeted marketing/standing out in aisle or shelf			
	All information	For comparison of one product to another for many reasons including price, nutritional information and ingredients			
	Celebrity endorsement	Makes the product more appealing			
	Continuous exposure to the item (ie) advertising campaign	Recognition and increased likeliness to try and or buy			
	Offers	More likely to purchase the item			
	Taste sessions	People can try the products therefore know whether they like them/it or not and then have an increased likelihood of purchasing			

Question number	Answer	Marks		Rationale						
	<table border="1"> <tr> <td data-bbox="331 272 636 507">Advertising in general</td> <td data-bbox="636 272 1167 507">Makes people aware of products that they may not normally purchase – shopping by habit flyers, posters, leaflets, TV, store announcements</td> </tr> <tr> <td data-bbox="331 507 636 576">Samples</td> <td data-bbox="636 507 1167 576">Displays at end of aisle which are eye catching</td> </tr> <tr> <td data-bbox="331 576 636 644">Product association</td> <td data-bbox="636 576 1167 644">Free gifts of Disney characters, Dr Who</td> </tr> </table>	Advertising in general	Makes people aware of products that they may not normally purchase – shopping by habit flyers, posters, leaflets, TV, store announcements	Samples	Displays at end of aisle which are eye catching	Product association	Free gifts of Disney characters, Dr Who	[8]	[8]	
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Samples	Displays at end of aisle which are eye catching									
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(c)	<p><b>Give THREE uses of food additives in food.</b> One mark for each correct answer.</p> <p><b>Examples</b> Emulsifier – stop water and oil separating To thicken To preserve To add colour/make look more appealing To add flavour/taste better/less bland Add nutritional value to a product/health role/nutrients for a target group of the population To stabilise As a raising agent To improve texture</p> <p><b>Question 4 total</b></p>	[3x1] [15]	[3]							

Question number	Answer	Marks	Rationale
Question 5	<ul style="list-style-type: none"> <li>• Describe the major dietary health issues facing people today.</li> <li>• Explain the current dietary guidelines.</li> </ul> <p>This question is marked according to the quality of response. In order to achieve a high level response both areas must be addressed in detail.</p> <p>A candidate only answering one part of the question remains in the medium level response and can access up to 8 marks only. Must be answered well with clear descriptions or explanations.</p> <p>If candidates only list answers they remain in the lower level response. Bullet point responses can achieve up to the mid to low level response only.</p> <p><b>A high level response 12-15 marks</b> The candidates present a well-balanced answer covering both areas. The two areas are linked together and cover a large range or topic areas. A whole range of specialist terms are used with precision. The candidate can demonstrate the accurate use of spelling, punctuation and grammar. The response will be well presented and in structured sentences throughout.</p> <p><b>A mid to high level response 9-12</b> The format will be predominately-structured sentences, covering both areas. Specialist terms will be used accurately. The candidate will offer some linkage of the questions. Some spelling, punctuation and grammar errors.</p>		<p><b>Allergies and intolerances or anorexia if well explained can be credited</b></p>

Question number	Answer	Marks		Rationale
	<p><b>A mid to low level response 5-8 marks</b>            The answer will be presented in a mixture of bullet points/list and structured sentences. The candidate will have covered one area in detail and made a limited attempt to cover the other area. Or the candidate will have made a limited attempt at both with little or no linkage between the questions. Overall, the candidates will demonstrate some knowledge of current guidelines and general terms will be used. Some spelling, punctuation and grammar errors.</p> <p><b>A low level response 0-4 marks</b>            The candidate presents a one sided answer, looking at either the major health issues or the dietary guidelines. The candidate presents the information in a bullet pointed or listed format throughout the answer. Basic information is offered to support statements although facts may not always fully relate to the question(s) being asked. Errors in spelling, punctuation and grammar.            Subject specific material that the candidate may cover:</p> <p><b>Major health issues</b>            Overweight/obesity            Diabetes            Coronary heart disease            Cancer            High blood pressure            Osteoporosis            Cardiovascular disease</p>			

Question number	Answer	Marks	Rationale										
	<p><b>Dietary Guidelines</b></p> <table border="1"> <thead> <tr> <th data-bbox="331 308 730 344">Guidelines</th> <th data-bbox="730 308 1167 344">Explanation</th> </tr> </thead> <tbody> <tr> <td data-bbox="331 344 730 651">Balanced diet/ incorporation of eatwell plate</td> <td data-bbox="730 344 1167 651">The food plate is designed to maximise nutritional intake and reduce the risk of developing health problems. Further more specific explanations of the food plate.</td> </tr> <tr> <td data-bbox="331 651 730 820">Reduce salt</td> <td data-bbox="730 651 1167 820">Reduce the risk of high blood pressure and coronary heart problems Strain on kidneys</td> </tr> <tr> <td data-bbox="331 820 730 959">Increase starchy foods</td> <td data-bbox="730 820 1167 959">Regulate blood sugar Most of your energy Vitamins and minerals Increasing fibre intake</td> </tr> <tr> <td data-bbox="331 959 730 1361">Reduce fat (saturated)</td> <td data-bbox="730 959 1167 1361">Reduced incidence of health problems such as obesity. Lower energy intake Reference to types of fats. Eat less processed foods. 35% total energy intake only. 70g women, 95g men, 67.8g children</td> </tr> </tbody> </table>	Guidelines	Explanation	Balanced diet/ incorporation of eatwell plate	The food plate is designed to maximise nutritional intake and reduce the risk of developing health problems. Further more specific explanations of the food plate.	Reduce salt	Reduce the risk of high blood pressure and coronary heart problems Strain on kidneys	Increase starchy foods	Regulate blood sugar Most of your energy Vitamins and minerals Increasing fibre intake	Reduce fat (saturated)	Reduced incidence of health problems such as obesity. Lower energy intake Reference to types of fats. Eat less processed foods. 35% total energy intake only. 70g women, 95g men, 67.8g children		
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Question number	Answer		Marks		Rationale
	Healthy weight	Only consume the amount you require, excess is stored as fat and causes obesity. Strain of body, excess energy. Confidence. Energy balance. Boost immune system. Reduced risk of some diseases.			
	Increase fibre	Better bowel health. Reduced risk of digestive tract cancers such as bowel cancer.			
	Increase fluid/water intake	Good for skin condition. Don't become dehydrated. Dehydration leads to a decrease in concentration, kidney problems.			
	Increase fruit and vegetable intake/eat at least 5 portions of fruit & vegetables per day	Guard against cancer risk, antioxidants and phytochemicals. Good variety of vitamins, minerals, trace elements and fibre.			

Question number	Answer		Marks		Rationale
	Be active	Cardiovascular health. Decreased risk of being overweight/ obese. Decreased risk of other health problems. More self esteem Recommended to do physical activity for at least 30mins several times a week			
	Eat breakfast/eat regularly	Satiety, less likely to high fat and sugar snacks, concentration. Foods to prepare for the days activities Variety of nutrients.			
	Increase fish intake	Omega 3 fatty acids – health of the heart 2 portions a week 1 portion of oily fish a week A good range of minerals and vitamins Protein			
	Decrease sugar intake	11% of energy intake Energy dense food/empty calories Regulates blood sugar Tooth decay			
	Reduce alcohol intake Moderate alcohol intake	Empty calories Increase weight/obesity			
	<b>Question 5 Total</b>		<b>[15]</b>		

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