

GCSE



CCEA GCSE
Exemplifying Examination
Performance

Home Economics: Food and Nutrition

This is an exemplification of candidates' performance in GCSE examinations (Summer 2019) to support the teaching and learning of the Home Economics: Food and Nutrition specification.



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EXEMPLIFYING EXAMINATION PERFORMANCE

GCSE Home Economics: Food and Nutrition

Introduction

These materials illustrate aspects of performance from the 2019 summer GCSE examination series of CCEA's revised GCSE Specification in 2017.

Students' grade A responses are reproduced verbatim and accompanied by commentaries written by senior examiners. The commentaries draw attention to the strengths of the students' responses and indicate, where appropriate, deficiencies and how improvements could be made.

It is intended that the materials should provide a benchmark of candidate performance and help teachers and students to raise standards.

For further details of our support package, please visit our website at www.ccea.org.uk

Best wishes



Dorothee Wagner

Education Manager, Home Economics: Food and Nutrition

Email: dwagner@ccea.org.uk

Telephone: 028 9026 1200 ext. 2218

GCSE: Home Economics: Food and Nutrition

Component 1: Food and Nutrition

Grade: A Exemplar

This is a multiple choice section. You are advised to spend no more than 5 minutes on this section.

Read the following statements and tick the box beside each correct answer.
Tick [✓] only **one** box for each statement.

Q1a Which **one** of the following foods should be avoided during pregnancy? [1]

Student's response

- | | | |
|----------|---------|-------------------------------------|
| A | pasta | <input type="checkbox"/> |
| B | milk | <input type="checkbox"/> |
| C | liver | <input checked="" type="checkbox"/> |
| D | bananas | <input type="checkbox"/> |

Examiner's comments

Candidate has accurately identified 'liver' as the correct answer.
A total of 1 mark was awarded for this response.

Q1b Which **one** item of information is required by law on a food label? [1]

Student's response

- | | | |
|----------|--------------------|-------------------------------------|
| A | name of food | <input checked="" type="checkbox"/> |
| B | picture of food | <input type="checkbox"/> |
| C | serving suggestion | <input type="checkbox"/> |
| D | barcode | <input type="checkbox"/> |

Examiner's comments

Candidate has accurately identified 'name of food' as the correct answer.

A total of 1 mark was awarded for this response.

Q1c Which **one** of the following health issues is a consequence of vitamin D deficiency in children? [1]

Student's response

- | | | |
|----------|------------------------|-------------------------------------|
| A | rickets | <input checked="" type="checkbox"/> |
| B | anaemia | <input type="checkbox"/> |
| C | dental caries | <input type="checkbox"/> |
| D | cardiovascular disease | <input type="checkbox"/> |

Examiner's comments

Candidate has accurately identified 'rickets' as the correct answer.

A total of 1 mark was awarded for this response.

Q1d Which **one** of the following meals is a good example of protein complementation? [1]

Student's response

- | | | |
|----------|-----------------------------|-------------------------------------|
| A | tomato and mozzarella salad | <input type="checkbox"/> |
| B | lentil soup and bread | <input checked="" type="checkbox"/> |
| C | baked potato and tuna | <input type="checkbox"/> |
| D | jam sandwich | <input type="checkbox"/> |

Examiner's comments

Candidate has accurately identified 'lentil soup and bread' as the correct answer.
A total of 1 mark was awarded for this response.

Q1e Which **one** of the following foods is a good source of unsaturated fat? [1]

Student's response

- | | | |
|----------|-----------|-------------------------------------|
| A | cheese | <input type="checkbox"/> |
| B | olive oil | <input checked="" type="checkbox"/> |
| C | sausages | <input type="checkbox"/> |
| D | butter | <input type="checkbox"/> |

Examiner's comments

Candidate has accurately identified 'olive oil' as the correct answer.

A total of 1 mark was awarded for this response.

Q1f Select the recommended percentage of daily energy to be provided by carbohydrate. [1]

Student's response

- | | | |
|----------|-----|-------------------------------------|
| A | 15% | <input type="checkbox"/> |
| B | 50% | <input checked="" type="checkbox"/> |
| C | 35% | <input type="checkbox"/> |
| D | 5% | <input type="checkbox"/> |

Examiner's comments

Candidate has accurately identified '50%' as the correct answer.
A total of 1 mark was awarded for this response.

Q2a The Food Standards Agency has identified “8 tips for eating well”.

Complete the following statement:

Q2a(i)

Student’s response

“Eat less salt: no more than 6 g a day for adults.” [1]

Examiner’s comments

The candidate has identified ‘no more than 6g per day’ as the correct answer.
A total of 1 mark was awarded for this response.

Q2a(ii) “Base your meals on starchy foods” is one of the tips for eating well.

Write down **two** starchy foods.

Student’s response

1. *Pasta* [1]

2. *Rice* [1]

Examiner’s comments

The candidate has accurately identified pasta and rice as two examples of starchy foods.

A total of 2 marks was awarded for this response.

Q2a(iii) “Don’t get thirsty” is another tip for eating well.

Explain the importance of hydration in the body. [3]

Student’s response

Hydration is essential as it prevents dehydration. Dehydration can cause headache, dryness of mouth, dizziness. Water is also essential in the blood, to transport nutrients and oxygen. Furthermore water is used to aid chemical reactions in the body such as digestion which is essential.

Examiner’s comments

The candidate has provided a detailed explanation of the importance of hydration in the body. A range of valid points have been explained, and the candidate has avoided a list-like response.

A total of 3 marks was awarded for this response.

Q2b Explain how the following advice from the Eatwell Guide benefits health:

Choose unsaturated oils and use in small amounts. [3]

Student’s response

Unsaturated oils are more likely to contain the essential fatty acids – Omega 3 and Omega 6, which are required by the body from the diet. Moreover they contribute less to cholesterol build up than saturated fats, especially in liquid form. Small amounts is also stated as fat is very high in calories, around 9kcal per gram, so to avoid a positive energy balance, avoid large amounts.

Examiner’s comments

The candidate has provided a detailed and accurate explanation of the importance of choosing unsaturated oils and using them in small amounts. A range of valid points have been made and explained in detail. The focus is solely on unsaturated oils, which is crucial; had the candidate digressed into discussing saturated fats, this may have weakened their answer.

A total of 3 marks was awarded for this response.

Q3a Explain what this label tells consumers about how food is produced. [2]



Source: GCSE Home Economics © CCEA, 2017

Student's response

This is the Irish quality assurance scheme which ensures consumers are getting beef from Ireland that has had good welfare and been treated well.

Examiner's comments

The candidate has accurately identified that food which bears the Bord Bia logo has been produced under high standards of animal health and welfare. Answers regarding the origin or traceability of food were not accepted on the mark scheme, and so this response did not gain full marks.

A total of 1 mark was awarded for this response.

Q3b Outline **two** ways the Northern Ireland Trading Standards Service offers protection for consumers when buying food.

Student's response

1. *They employ environmental health officers which perform a variety of tasks, all to benefit consumer safety.* [1]
2. *They introduce acts to protect consumers such as the Food Hygiene acts implemented in 1991 and 2016.* [1]

Examiner's comments

Both responses provided by the candidate are inaccurate.

This response was awarded zero marks.

Q3c Explain **one** barrier that may prevent individuals from being effective consumers when shopping for food. [2]

Student's response

Cultural barriers may impede individuals as certain cultural differences require certain foods. Furthermore, language may prevent accurate and important information being made aware to them.

Examiner's comments

The candidate has correctly identified culture as a barrier that may prevent individuals from being effective consumers. However, the explanation provided lacks the specific detail needed to be considered a clear explanation of the barrier as required by the mark scheme. For instance, the candidate could have specified the type of important information that consumers with a language barrier may be unable to access when shopping for food in order to gain fuller marks.

A total of 1 mark was awarded for this response.

Q3d Evaluate the use of shopping apps as an option for buying food. [4]

Student's response

Shopping apps are one of the newest forms of shopping and help busy individuals or families shop. They are open 24/7 and are able to apply economies of size discounts, as they will have bulk products. Unfortunately they are too difficult to use for those with less technology skills, or have no access due to incompatible technology. They also will not offer a social experience, but instead offer a quick, fast alternative to shops.

Examiner's comments

The candidate has provided some relevant points, such as shopping apps being useful for busy individuals and the fact that they are a quick, fast alternative to shops. However, the points raised in the answer are more commonly associated with online shopping, and so the response has been deemed as lacking relevance to shopping apps overall. As a result, the response could not attain full marks.

A total of 2 marks was awarded for this response.

Q3e Discuss how families can manage money effectively when shopping for food. [6]

Student's response

When shopping ensure you have a list of ingredients, which follow a pre-prepared meal plan. This way you can avoid impulse shopping and only buy what you need, and avoid waste later on.

Shoppers should also take advantage of some supermarkets own brand products, which are usually much cheaper and of similar quality, saving them money. Consumers could also use loyalty schemes often found in supermarkets, and stock-up on points when shopping to earn more discounts later on. Furthermore, families could also shop at farmers' markets. These offer, often cheaper, seasonal fruit and veg, and often have the ability to choose your own amount of product, and so only be charged for what you need.

Examiner's comments

The candidate has provided a range of strategies that can help to reduce food shopping costs, such as making a shopping list and buying own brand products. Despite the broad range of points that have been made, the response is not specific to how families can manage their money, as the strategies that have been mentioned could be employed by any type of consumer. The response is therefore limited to Level 2 marks.

A total of 4 marks was awarded for this response.

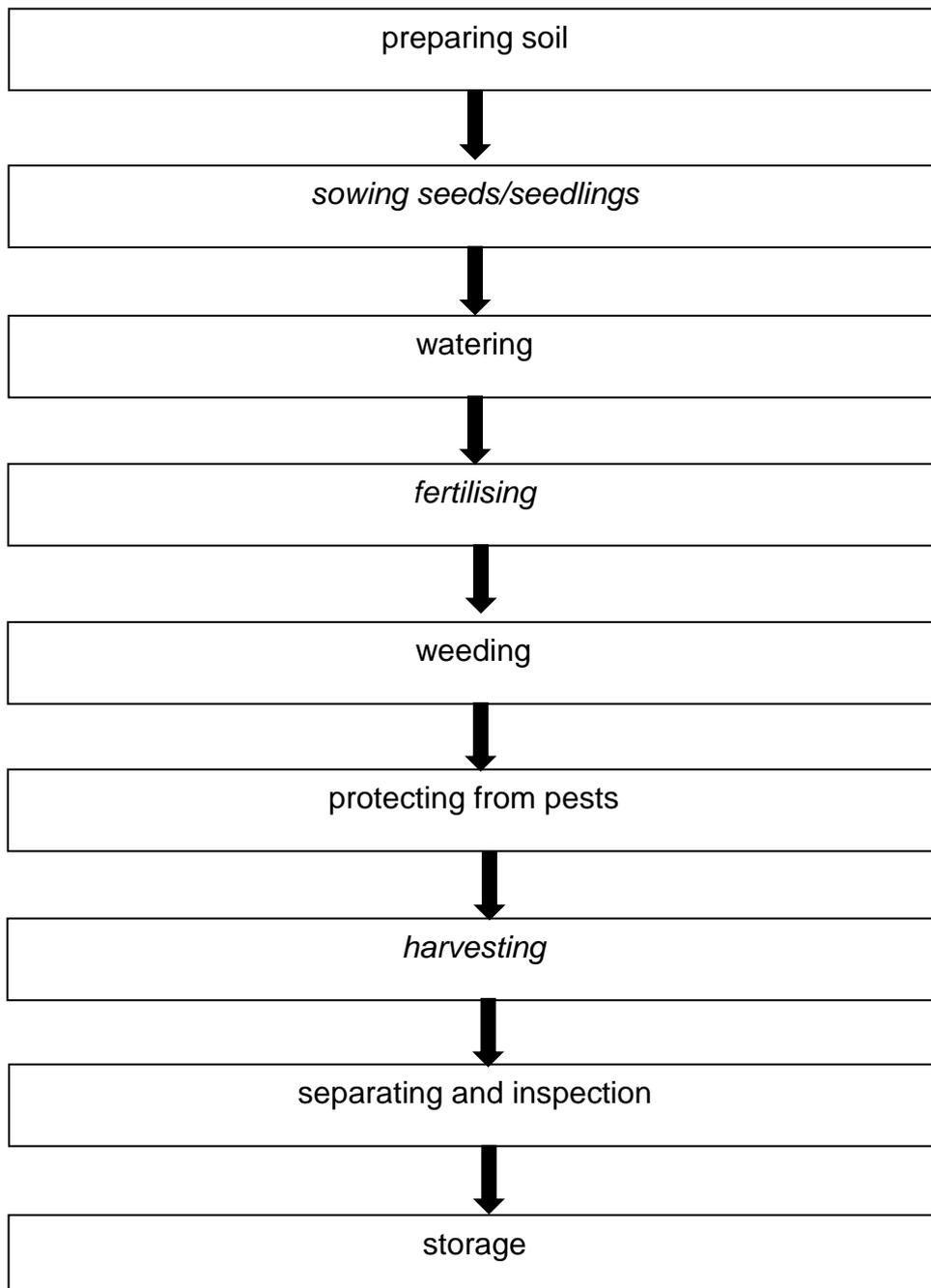
Q4a Place the following steps involved in crop production into the flow chart below. [3]

sowing seeds/seedlings

harvesting

fertilising

Student's response



Examiner's comments

All three steps have been placed in the correct order by the candidate.

A total of 3 marks was awarded for this response.

Q4b Milk is used to produce cheese.
Identify the enzyme used to separate milk into curds and whey. [1]

Student's response

Rennet

Examiner's comments

The candidate has identified 'rennet' as the correct answer.
A total of 1 mark was awarded for this response.

Q4c Underline **two** foods which should not be eaten by someone who is lactose intolerant. [2]

Student's response

cow's milk soya products meat custard

Examiner's comments

The candidate has identified cow's milk and custard as the two correct answers.
A total of 2 marks was awarded for this response.

Q4d Identify **two** methods used to catch fish.

Student's response

1. *Trawlers* [1]
2. *Line-caught* [1]

Examiner's comments

The candidate has identified 'trawling' and 'line caught' as two correct answers. A total of 2 marks was awarded for this response.

Q4e Explain what is meant by secondary processing in food production. [2]

Student's response

Taken ingredient which have already gone through primary processing, and turning them into a food product, such as turning wheat into pasta or bread.

Examiner's comments

The candidate has provided an accurate explanation of secondary processing, combining a definition of the term with a relevant example of a food product that has undergone secondary processing.

A total of 2 marks was awarded for this response.

Q5 Use the information in the table below to answer the following questions:

Age	EAR kcal per day	
	Boys	Girls
4 years	1386	1291
7 years	1649	1530
15 years	2820	2390

Source: British Nutrition Foundation 2016

Q5a(i) Write down the energy requirement of a female child aged 7 years. [1]

Student's response

1530

Examiner's comments

The candidate has identified 1530kcal as the correct answer.

A total of 1 mark was awarded for this response.

Q5a(ii) Identify the age and gender with the highest energy requirement.

Student's response

Age: 15 years [1]

Gender: Boys [1]

Examiner's comments

The candidate has correctly identified that boys aged 15 years have the highest energy requirement.

A total of 2 marks was awarded for this response.

Q5a(iii) Outline the meaning of the term EAR. [2]

Student's response

The amount of calories needed to maintain basic bodily functions.

Examiner's comments

The candidate has provided an inaccurate response. EAR refers to the estimated average amount of energy, or of a nutrient, required by people in a particular age group, and does not refer to specific calorie needs.

This response was awarded zero marks.

Q5a(iv) Explain why boys have slightly higher requirements for energy than girls. [2]

Student's response

Boys generally have a bigger body mass, and more muscles than girls, and so need proportionally need more calories to maintain this. They are also usually more active, and have a higher physical activity level.

Examiner's comments

The candidate has correctly identified that boys have higher energy needs as a result of greater body mass. However, it is inaccurate to say that boys have 'more' muscles than girls. Likewise, it is a generalization to say that boys are more active, and so this response could not access full marks.

A total of 1 mark was awarded for this response.

Q5b Explain how the following advice could help someone maintain a healthy weight.

Student's response

Increase physical activity levels (PAL) [2]

By exercising they are burning calories, which can help to offset a positive energy balance and create an even one, or negative, if the individual is trying to lose weight.

Manage portion sizes [2]

Many people overestimate portion sizes whilst underestimating calorie levels. This can quickly lead to a positive energy balance and so by managing portion sizes, they are reducing this problem.

Examiner's comments

The first response provided by the candidate shows clear understanding of how increasing physical activity levels can help to maintain a healthy weight. There is clear focus on promoting energy balance. The second response demonstrates sound understanding of the link between large portion sizes and increased calorie intake. Both answers have been explained in the necessary detail to be awarded full marks.

A total of 4 marks was awarded for this response.

Q6 Older adults (65 years and older) are at risk of malnutrition.

Q6a Explain why the following nutrients are important in the diet of an older adult.

Student's response

Carbohydrate [3]

Carbohydrates should be the main source of energy for most people, with each meal being based around starchy carbohydrates. These are important as they are nutrient dense, and help to fill you up. Older adults may be more at risk of grazing, and the satiety provided by carbs prevents this.

Calcium and vitamin D [3]

Calcium is essential as it helps to maintain bone strength, which can help to prevent osteoporosis or osteomalacia which are very common in later life. Vitamin D is also required as it helps absorb calcium and control the amount of calcium in our bodies.

Examiner's comments

The candidate has provided a detailed and accurate explanation for both parts of this question. Crucially, the candidate has tailored their answer specifically to why each nutrient is important in the diet of an older adult. Without this focus on older adults, the candidate could not have attained full marks.

A total of 6 marks was awarded for this response.

Q6b Discuss **two** factors to consider when preparing meals for an older adult (65 years and older) with a sedentary lifestyle.

Student's response

1. *Ensure the meals are nutrient dense, and not energy dense, as too many calories will lead to weight gain, increasing the risk of other major health issues. [2]*
2. *Ensure that liquid is provided, either in the meal, as a soup or alongside, such as a glass of water or tea. This is to prevent dehydration. This is common in older adults, as they have lost some sense of thirst. [2]*

Examiner's comments

The first response provided by the candidate achieved full marks, as it is accurate, detailed and relevant to older adults who have a sedentary lifestyle. The second response attained zero marks. Whilst the need to maintain fluid intake is relevant to older adults, this response is not specific to sedentary lifestyles and so is not worthy of credit.

A total of 2 marks was awarded for this response.

Q6c Evaluate contactless credit cards as a method of payment for food for older adults (65 years and older). [4]

Student's response

Although contactless would be incredibly easy for an elderly adult, they may have difficulty checking their balance and maintaining credit payments as more and more banking is done online, which may pose an access problem to them. Although the credit may allow them to purchase items, when they have no money, but can pay it back upon their next income, perhaps pension or benefit package. On the other hand contactless poses a security risk, as it is much too easy for a criminal to take money out with a digital device, simply close to the card.

Examiner's comments

The candidate has provided a detailed response. The inclusion of a range of valid positive and negative points relating to the use of contactless credit cards by older adults has ensured the candidate has met the command to 'evaluate'. All points have been communicated effectively and in the necessary detail to attain full marks.

A total of 4 marks was awarded for this response.

Q7 “There are an estimated 4.5 million people living with diabetes in the UK.”

Source: Diabetes UK 2016

Q7a Identify **one** health issue that could increase the risk of developing type 2 diabetes. [1]

Student's response

Obesity

Examiner's comments

The candidate has accurately identified obesity as a health issue that could increase the risk of developing type 2 diabetes.

A total of 1 mark was awarded for this response.

Q7b Discuss the dietary advice you would give someone to manage type 2 diabetes. [4]

Student's response

In order to maintain blood sugar levels spiking, avoid foods high in sugar, and choose foods that release energy much more slowly, such as foods with complex carbohydrates, such as your bread, rice and pasta. Furthermore avoid a positive energy balance, and in the long term, weight gain. Try to be active to maintain a healthy weight as this may reduce the overall severity of the condition.

Examiner's comments

The candidate has provided an adequate discussion, with some accurate reference to choosing foods that have a positive effect on blood sugar levels. However, reference has been made to remaining active and maintaining a healthy weight, which is considered to be lifestyle advice. As the question has solely asked for dietary advice, this part of the response cannot be credited.

A total of 2 marks was awarded for this response.

Q8a State why food additives are given an E number. [1]

Student's response

It means it has been approved for use within the EU.

Examiner's comments

The candidate has correctly identified that food additives which are given an E number are ones which have been approved for use.

A total of 1 mark was awarded for this response.

Q8b Explain the role of the following additives in food production:

Student's response

Colours [2]

Colours obviously add colour to food. They could be added to add colour, previously lost in processing, or to make the product more attractive and so more enticing to buy.

Preservatives [2]

These help to add shelf life to a product and gives the customer more time to use it than without. Preservatives are commonly found in breads and meats.

Examiner's comments

The first response provided by the candidate has accurately explained that colours are used to make food products more attractive and are often used to replace colour lost during processing. The second response is equally accurate, explaining that preservatives help to extend the shelf life of food products, which means consumers have more time to consume these products as a result. Both responses contain the level of detail required for a 2-mark explanation.

A total of 4 marks was awarded for this response.

Q9 It is important to reduce the risk of bacteria contaminating food and causing food poisoning.

Q9a List **four** conditions needed for bacterial growth.

Student's response

1. *Food* [1]
2. *Warmth* [1]
3. *Moisture* [1]
4. *Oxygen* [1]

Examiner's comments

The candidate has accurately identified four different conditions needed for bacterial growth.

A total of 4 marks was awarded for this response.

Q9b Meat is a high risk food. Discuss how E.coli bacteria can be controlled when preparing and cooking meat. [6]

Student's response

The main control is the cross-contamination prevention. Always ensure different utensils and equipment are used on raw meat than those used on cooked foods, so change knives and chopping boards for example.

Furthermore ensure meat is cooked thoroughly, reach at least 73°C throughout for more than 2 minutes to ensure almost all bacteria has been killed.

When having to handle meat, ensure it is kept to a minimum, and wash hands extremely often, and always in between handling cooked and uncooked meats.

Finally ensure all meat is within it's use by date and instantly discard if this is not the case. To ensure this meat is kept good until the use-by place it in a fridge, keeping it at 0–4°C constantly.

Examiner's comments

The candidate has provided a competent response. Some accurate points have been discussed, such as the importance of avoiding cross-contamination by using separate knives and chopping boards to prepare raw meat. The candidate has also competently discussed the need to cook food thoroughly, specifying an accurate temperature range for cooking. However, discussion of personal hygiene strategies such as frequent hand washing was not credited under the mark scheme. Likewise, reference to the storage of meat in the fridge could not be credited, as the question only asked candidates to focus on preparing and cooking meat. This limited the candidate's response to Level 2.

A total of 4 marks was awarded for this response.

Q9c Describe how the Food Standards Agency (FSA) Food Hygiene Rating Scheme protects consumers in relation to food safety. [3]



Source: Food Standards Agency © Crown Copyright

Student's response

This scheme allows consumers to select where they eat based off a given food hygiene rating. It allows the consumers to avoid eating in places which could cause harm to customers, by giving them a 0 or 1 mark which deters potential customers. It is also a good advertisement for business that have a 5 or 4 mark, indicating very good/good hygiene within the establishment.

Examiner's comments

This is a competent response. The candidate has accurately explained how the scheme enables consumers to make informed choices about where to eat, as well as explaining how the number rating is used to indicate levels of food safety found within eating establishments. There is clear emphasis on how the scheme protects consumers in relation to food safety.

A total of 3 marks was awarded for this response.

Q9d Who is responsible for enforcing the Food Hygiene Rating Scheme? [1]

Student's response

Environmental Health Officers

Examiner's comments

The candidate has provided an accurate response. While the specification refers more specifically to the role of the Environmental Health Practitioner, the candidate's response of 'Environmental Health Officer' was still credited under the mark scheme.

A total of 1 mark was awarded for this response.

The quality of your written communication will be assessed in this question.

Q10 Discuss **three** factors which may influence food choice. [9]

Student's response

Social influences may influence our food choice. This is because we may follow the recommendations of our peers and family, and try food they liked and mentioned to us. Furthermore they may encourage you to adopt a certain lifestyle such as lacto-ovo-vegetarian or vegan. The influence of our peers could also change where we shop, so say if a friend recommends a cheaper shop they visit, your food choice is changed according to what is now available in that shop rather than the shop you may normally purchase from.

Religious opinions may affect our food choice. For example, muslims, must adhere to haram and halal restrictions and so avoiding meat such as pig, and avoiding alcohol. Christians for example, usually avoid alcohol on Good Friday, and in general if they adhere to faith strictly. Another example are Hindus, which are, in the majority, vegetarian. They also believe many meats are dirty, and will usually avoid pigs and cows. Jews will also never eat meat and milk together, as they deem it wrong.

Finally, the main factor affecting many people is the financial factor. Many people in the world do not have enough money to buy a varied healthy diet and so rely on cheaper, much more unhealthy options. Many struggling parents would favour a £1 pizza than a £4 vegetable pasta dish. On the other hand, excess money spent on food leads to overpriced and unnecessary purchases, causing food waste and if the food is unhealthy, possibly weight gain in the long term.

Examiner's comments

The candidate has provided a highly competent response. The response focuses on three relevant factors which may influence food choice. The candidate has provided a detailed explanation of how social factors and religious beliefs affect food choice, giving relevant examples in each discussion. However, the discussion on economic factors is less strong, with some irrelevant discussion on food waste and weight gain in the final sentence limiting the marks awarded.

A total of 7 marks was awarded for this response.

The quality of your written communication will be assessed in this question.

Q11 Dental caries in children is a health problem in Northern Ireland.

Justify diet and lifestyle advice for parents wanting to reduce their child's risk of dental caries. [9]

Student's response

Dental caries is caused by acid attacks on the enamel of our teeth. They are extremely common in children as the enamel is only developing and is much softer and weaker than an adults. By having a diet high in sugar, the parents supply their childrens plaque bacteria with food to create acid, which causes these acid attacks. Therefore reduce the amount and frequency of foods and drinks high in sugar, so perhaps switch cola to water, and sweets to fruit or a healthy alternative.

Ensure that from a young age, a good dental hygiene habit is in place, by making sure your children understand the important of, and have to ability to brush their teeth. They should do so with a toothpaste containing fluoride, which helps to protect and strengthen the enamel. For children, more fun and flavoured mouthwashes are available, which, if used, could make brushing children's teeth a more enjoyable and fun experience. Of course this should all be complemented with visits to the dentist at least every 6 months.

Finally ensure your child's diet includes good sources of calcium and Vitamin D. Calcium helps to build strong bones, and in this case, will help to build and maintain strong teeth. Calcium should be found in healthy sources, such as low-fat milk, certain vegetables, and low fat and/or sugar yoghurts which would be each to add to a child's lunch box. Furthermore children should have a good intake of Vitamin D, which helps control and absorb Calcium throughout the body. The main source of Vitamin D is sunlight, and so children should be encourage to play outside, which helps them develop a habit of becoming active and enjoying sport.

Examiner's comments

The candidate has provided a highly competent response. Clear understanding of the connection between diet and the onset of dental caries has been shown, which has enabled the candidate to provide relevant dietary advice to reduce the risk of dental caries, such as limiting sugary foods and drinks and increasing the amount of calcium and vitamin D in the diet. The candidate has also discussed relevant lifestyle advice, such as visiting the dentist and brushing with fluoride toothpaste. The candidate has provided clear justification for most of the advice provided, using a range of subject specific terms. The quality of written communication is strong, however, there are a few spelling or grammar errors. As such, this is considered a strong Level 3 response.

A total of 8 marks was awarded for this response.

The quality of your written communication will be assessed in this question.

Q12 Discuss how the following meal can help adolescents (12–18 years) meet their nutritional and dietary needs. [12]

Sweet Potato and Chicken Curry with Rice
<i>400g chicken 300g sweet potato 1 tbsp olive oil 1 onion 1 green pepper 200g spinach 2 tbsp curry paste 400g can coconut milk 2 tbsp natural yoghurt 2 tomatoes 300g brown rice</i>

Student's response

In this recipe there is chicken, which is a very healthy and relatively low fat source of protein. Protein is essential during adolescence as it is needed to help support growth during the adolescent growth spurt.

Here, the use of olive oil provides the teenager with healthy unsaturated fat, which can provide them with the essential fatty acids Omega 3 and Omega 6, which aids brain development (important for school) and helps to reduce the risk of coronary heart disease in later life. The brown rice used is a good source of insoluble fibre. This insoluble fibre helps to bulk up waste, and so making it easier to pass. This prevents constipation.

Instead of using a potato, the recipe uses a sweet potato which is less energy dense, and more nutrient dense. The sweet potato will contain less carbohydrates, and have more vitamins, such as A and C. The skin is also a good source of fibre.

By including spinach which is a dark leafy vegetable, the dish contributes to the adolescences five a day and provides key vitamins, mainly Vitamin A and also some iron.

The use of natural yoghurt in this recipe provides the teeth with calcium, protein and Vitamin B12. Calcium is needed as 30% of all minerals deposited in the bone are deposited in this age gap. Furthermore the protein aids growth and repair and the Vitamin B12 helps in the production of red blood cells, which reduces tiredness and helps absorb your energy from food.

By using coconut milk, the recipe increases its calorie value significantly as it is normally very calorific. This is good as teenagers will need a high calorie intake due to the rapid growth and hopefully the physical activity they are taking part in. Normally teenage boys may need to eat around 2500kcal everyday, so this would be a healthy contribution to that. It also provides fluid, essential to prevent dehydration. Finally the green pepper provides soluble fibre which has a positive impact on blood sugar levels and benefits blood cholesterol levels.

Examiner's comments

The candidate has provided a competent response. Accurate connections have been drawn between some of the nutrients provided by the ingredients in the dish, and the candidate has been able to discuss how these nutrients are beneficial in the diet of an adolescent. For instance, this has been well done for protein, which has been linked to supporting growth during the adolescent growth spurt, and for calcium, where the candidate has accurately discussed the need to optimise peak bone mass at this age.

However, in other cases the candidate has failed to link their discussion to the nutritional and dietary needs of adolescents and many of the nutritional benefits that have been discussed could be of benefit for any of the lifecycle groups. For instance, the role of fibre preventing constipation and controlling blood cholesterol levels has not been made specific to the diets of adolescents.

Furthermore, the candidate has failed to identify some key nutrients which are found in the meal and would be of specific benefit to adolescents. For instance, no specific mention has been made of the iron content, which could be of benefit to adolescent females.

The response is relatively detailed and the candidate has made good use of subject specific terms. There are few, if any, spelling and grammar mistakes. As such, the response has been awarded marks at the top of Level 2.

A total of 8 marks was awarded for this response.

