General comments

The paper was accessible to most candidates this year. There was evidence of good subject knowledge and relevant use of specialist terminology.

This paper is marked online. Where candidates need to extend their answers beyond the allocated space, this should always be done on a supplementary page.

A number of candidates did use supplementary pages, but many of their responses were either repetitive or unrelated to the question asked. Candidates should always aim to provide information asked for in the question. Candidates should be encouraged to read questions carefully, underlining key points and checking the mark allocation in order to maximise their chance of gaining credit.

Please ensure candidates have a good understanding of instructions used in the question such as list, explain and give.

Question 1

1(a) The majority of candidates scored at least one mark for this question. However, there were some vague answers such as water improves the digestive system or all body functions need it. The most popular answer was that water is needed for hydration or to prevent dehydration.

1(b) This question was well answered with over half of all candidates achieving full marks. Examples of fruit and vegetables were very popular answers. Better responses included specific examples of fruit and vegetables.

1(c) Very few candidates gained full marks for this question. There was a popular misconception that fluoride was added to purify water, make it safe to drink or to whiten teeth.

1(d) Approximately half of all candidates were able to correctly name one mineral found in drinking water.

Question 2

2(a) Many candidates achieved full marks for this question. However, there was some confusion regarding the amount of salt in biscuits with some candidates thinking 0.04g was bigger than 0.1g and stating that oat biscuits had more salt than cheese biscuits whereas the reverse was correct. On the whole there was a lot of good understanding and candidates demonstrated the ability to read data correctly. Many candidates used supplementary pages. In part this was because candidates gave more information than was asked for as they went on to discuss the benefits/problems of the nutrients in the biscuits. Some candidates also worked out the differences mathematically.

2(b) The majority of candidates scored well for this question and gave good responses with the most popular relating to fat, sugar and salt or providing more fruit and vegetables.
2(c) Most candidates scored at least one or two marks for this question. There were some good explanations of the release of energy from both sugars and starches. References to tooth decay were also given. Few candidates mentioned empty calories or the fact that starchy foods contain additional nutrients.

2(d) This was quite well answered and most candidates managed to gain at least two marks. The most popular answers were obesity and coronary heart disease. Candidates should be advised to use the correct terminology. There were some vague references to heart problems, rotten teeth and fatness.

2(e) Most of the responses to this question demonstrated a sound knowledge of dietary changes needed to prevent constipation. Popular answers were wholemeal bread and pasta and many candidates recognised the importance of increasing fluid intake.

**Question 3**

3 (a) There were some interesting answers to this question with many candidates appreciating that living in a multi-cultural society gives a wider choice of foods. Some candidates misinterpreted the question and linked choice of food to dietary restrictions due to religious laws and vegetarianism. Some candidates mistakenly referred to multi-cultural foods as being high in fat and unhealthy.

3(b) Many candidates were unable to give an accurate definition of this term. A large number of candidates knew it was something to do with pollution but were unable to explain the term. Around one quarter of all candidates achieved the mark.

3 (c) Despite not being able to explain the term ‘carbon footprint’, a significant number of candidates produced well informed answers. The most popular answers referred to methods of saving fuel when travelling to shops and buying locally sourced foods. Some candidates ignored the reference to ‘buying’ in the question and talked about other issues such as using equipment like microwaves and steamers.

3 (d) How the Weights and Measures Act protects consumers was quite well known with most candidates achieving at least one mark and a small number scoring full marks. There were some candidates who did not attempt this question. Most candidates linked their answer to the labels on food packets and only a few made references to weighing scales / optic measures in shops and restaurants.
Question 4

4 (a) (i) There was a lack of accuracy in all parts of this question. A number of candidates failed to attempt this question and many of those that did failed to score any marks. A popular incorrect response was ‘Recommended’ rather than ‘Reference’.

4 (a) (ii) Answers for this question lacked accuracy. A common incorrect response was ‘Daily Recommended Values’. Despite not giving the correct term, some candidates did know that DRV was used to cover EAR and RNI and they scored one mark for saying this.

4 (a) (iii) A number of candidates did not attempt this question. Very few achieved one mark. Some candidates thought E stood for either European or energy.

4 (b) Very few candidates knowing the recommended DRV for fibre.

4 (c) Only around one quarter of all candidates knew the recommended daily percentage of energy for protein, fat and carbohydrate. More candidates knew the correct answer for carbohydrates than for fat or protein.

Question 5

5 (a) This question was quite well answered with most candidates scoring at least one mark. Popular answers were iron, calcium and fibre. A number of candidates incorrectly thought the diet was low in protein others just made vague references to vitamins without specifying which vitamin.

5 (b) There were some very accurate and detailed responses which achieved full marks. Good candidates were able to explain their suggestions well. However, the majority of candidates scored between four and six marks. Some candidates missed the point of the question which was to improve the meal in light of current dietary recommendations and failed to discuss fat, fibre, salt or sugar. Others listed the healthy eating guidelines without making suggestions as to how to change this diet.

There was a tendency to discuss general meal planning for vegetarian teenage girls and there was lots of information on complementary action of protein, iron, calcium and vitamin C. Some candidates ignored the fact that the girl was a vegetarian and suggested changing the vegetarian sausages to meat. Others made appropriate suggestions on how to change the diet but did not give reasons and this limited their score to four marks. Popular suggestions included increasing fruit and vegetable intake and changing fizzy drinks to fruit juice. Many candidates wrote long and detailed answers and needed to use supplementary sheets.

5 (c) There was some good knowledge shown by many candidates on the reasons why some teenage girls become vegetarians with the majority scoring at least two marks. Most popular answers were linked to animal welfare, family, religion or peer pressure.

5 (d) This question was well answered with most candidates demonstrating a good knowledge of meat supplements. The most popular answers were tofu and Quorn. Some candidates suggested vegetarian sausages/burgers and these were not acceptable answers. Candidates should be advised to only give the number of responses asked for.
Question 6

6 (a) There was a good understanding of how supermarkets encourage customers to spend more money. However, some candidates only gave two answers and then over-explained the points they made using all eight lines. This meant they only achieved one or two marks. The most popular answers were linked to special offers and product placement.

6 (b) This question was well answered by the majority of candidates with most achieving two to three marks. Candidates were better at describing procedures for cooking than storage where they often gave general points for using a refrigerator which were not specific to the question. Some candidates wasted space by explaining the meaning of cook-chill.

6 (c) Very few candidates managed to achieve full marks. Many answers lacked accuracy and had vague references to making the meal healthier or added vitamins without specifying which vitamins. There was very little reference to colour, texture or the eatwell plate.

6 (d) This question was a good differentiator. The majority of candidates scored in the middle criteria band. Some candidates knew what a sensory analysis was and were able to gain a fair number of marks by describing different types of sensory analysis tests and some of the procedures they could use. Others did less well and, apart from listing the areas of sensory analysis, they were unable to describe how they would carry out a sensory analysis on the lasagnes. There was a tendency to confuse sensory analysis with nutritional analysis and other evaluation methods.

Question 7

7 (a) The majority of candidates demonstrated a very good knowledge of the conditions necessary for bacteria to reproduce. Candidates should be advised to be more specific and avoid saying temperature without giving an indication that it should be warm or using the word ‘damp’ when they mean ‘moist’. A few mentioned hygiene rules when preparing food.

7 (b) This question was poorly answered by a significant number of candidates revealing a lack of accurate knowledge of food poisoning bacteria. While some candidates were able to write accurately about salmonella, a large number produced an inaccurate description of listeria and bacillus cereus.

7 (c) This question differentiated well. Some candidates had a good knowledge of hygienic practices and were able to gain high marks for this question. Most were middle section achievers as they misinterpreted the direction of the question and gave information about storage and cooking of food rather than handling food. Some candidates demonstrated knowledge of physical and chemical hazards but this was not what the question asked for so these responses could not be credited.
Question 8

This question differentiated well. Some candidates included a good range of points referring to colour, taste, texture and nutritive value. However, others knew the correct terms but their explanations let them down. Some candidates described how to cook the food items without explaining the changes that take place.

The egg section was quite well done by some candidates with good use of terminology and accurate references to temperature for egg white and egg yolk denaturation and coagulation. Some candidates described different cooking methods such as poaching and scrambling and others listed uses of eggs. Some candidates also listed methods of heat transference. There were a number of references to food poisoning and killing bacteria.

A significant number of candidates were able to give a thorough and accurate explanation of the changes that take place when making a roux sauce. Subject specific terms such as ‘gelatinisation’ were used and described effectively.

This was the least well done area of the question with very few candidates able to give an accurate description of the changes that take place when green vegetables are cooked. Answers lacked detail with vague references to colour change and loss of nutrients. Better candidates were able to specify the water soluble vitamins lost during cooking.

Mark Ranges and Award of Grades

Grade boundaries and cumulative percentage grades are available on the Results Statistics page of the AQA Website.

Converting Marks into UMS marks

Convert raw marks into Uniform Mark Scale (UMS) marks by using the link below.

UMS conversion calculator www.aqa.org.uk/umsconversion