General comments

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

Some candidates still write outside of the marking area. Answers must be written clearly and within the space provided. Where candidates need to extend their answers beyond the allocated space this should always be done on a supplementary page.

This year an extra page was included for Question 8 (b) for candidates to use if required. Although in most cases this was used correctly, sometimes extended answers included information that was unrelated to the question.

It was noted that some candidates wrote out the question before answering it. Candidates need to bear in mind the time and answer space available to them if they use this method. Many had less space to write their answer and either stopped when the space ran out or tried to fit their answer into the space by writing very small and squeezing in extra lines. This sometimes made reading difficult.

In order to avoid misinterpreting the question candidates are advised to read questions carefully before they start, underlining key points and checking the mark allocation in order to maximise their chance of gaining credit.

It is important to ensure candidates have a good understanding of instructions used in the question such as ‘list’, ‘explain’ and ‘give’.

Question 1

1 (a) This question was well answered with almost half of all candidates scoring full marks and 78% at least two marks. The most popular answers were growth, repair and energy. A number of candidates referred to body building and building muscles.

1 (b) The majority of candidates answered this question well achieving at least two marks. Meat and fish were more popular answers than cheese, eggs and milk. Candidates are advised not to give three different types of meat as this only scored one mark. There were some incorrect responses such as peas, beans and lentils and some candidates incorrectly suggested protein shakes.

1 (c) Many candidates found it difficult to explain how protein foods could be combined to complement each other. There were a lot of simple responses about eating two protein foods together. Some made no reference to protein and just mentioned combining two foods. Credit was given where it was felt candidates had shown some understanding of the term ‘complement’. However, to achieve two marks candidates needed to refer to both LBV proteins and indispensable amino acids. Very few were able to do this. There was also evidence of confusion between HBV and LBV proteins.

1 (d) Only one quarter of candidates achieved a mark for this question. The most popular correct response was beans on toast. Some candidates combined a LBV with a HBV protein food or in some cases two HBV protein foods.
1 (e) Approximately a third of candidates were able to give answers for protein requirements. Most of these made reference to children and teenagers needing more protein for growth or to men needing more than women. The needs of the elderly were not well recognised. A number made reference to extra protein being needed by the injured, sporty people and body builders.

Question 2

2 (a) Almost half of candidates achieved full marks for this question but marks were lost by confusing salt and obesity. A number of candidates gave a longer response than was necessary for this question; it is advisable to check the space available for responses.

2 (b) The majority of candidates correctly selected 6g as the recommended amount of salt.

2 (c) Most candidates scored at least two marks. The most popular answers were linked to fruit and vegetables, sugar and fibre. There were some inaccurate references to dairy and protein. Despite being asked for healthy eating guidelines other than fat and salt some candidates discussed both of these. There was some attempt to give the quantity of a nutrient recommended, e.g. sugar or fibre, but often these were not always correct and candidates would be better advised to simply state the guideline. A number of responses mentioned basing meals on carbohydrates but this could not be credited unless it was qualified as starchy carbohydrates. Although responses which simply stated ‘five a day’ were credited, referring more specifically to fruit and vegetables is recommended.

Question 3

3 (a) Candidates generally had a good understanding of the importance of fat in the diet with the majority attempting the question and many achieving at least two marks. The most popular answers were energy, warmth and the protection of internal organs. There was some confusion regarding the type of energy provided by fats and candidates used terms such as ‘slow release’, ‘fast release’ and ‘small amounts’. Concentrated sources of energy were not always noted. The word ‘energy’ was credited, regardless of the descriptive word used.

3 (b) This question was attempted by most candidates. The most popular answers were obesity and coronary heart disease, although obesity was not always spelt correctly. There was some confusion between salt and fat and a number of candidates gave vague answers regarding heart problems.

3 (c) Many candidates answered this question well and were able to give four good examples of how to reduce fat in the diet. However, a number of candidates referred to salt and / or sugar in their answers. Vague responses to cut down on fatty food or buy low fat products without examples were not credited without further clarification. There were common misconceptions shown by a number of candidates who thought changing saturated fat to unsaturated fat or butter to margarine would lower the amount of fat. There was also confusion about different cooking methods with some candidates suggesting roasting was better than frying.

3 (d) Over 80% of candidates achieved at least one mark for this question. Milk was not credited unless candidates specified full fat milk. There was evidence of good understanding but also some guesswork with suggestions such as chips and crisps.
3 (e) Very few candidates were able to achieve full marks. There were a few clear explanations of the differences between saturated and unsaturated fatty acids and reference to carbon and hydrogen atoms. Some candidates had clearly revised this topic but then proceeded to mix up saturated and unsaturated fatty acids. Weaker answers referred to simple health reasons such as ‘saturated fats are bad for you’. There were a number of papers left blank which suggested this topic had not been taught by some centres.

**Question 4**

4 (a) This question was answered quite well with over half of candidates scoring at least two marks. There was some confusion regarding energy efficiency with some candidates mentioning energy efficiency labels and running costs. Most popular answers were cost, brand, size and colour.

4 (b) There was a wide spread of marks for this question. Some candidates were very knowledgeable about food processors and gave a variety of attachments. They had clearly made good use of them in their practical work. There was some confusion between food processors and a Kenwood Chef and references were made to the K beater. There was also evidence that some candidates did not know what an attachment was and instead listed the parts of a food processor such as plug, base, handle, lid and switches. Credit was awarded for food based uses. Candidates who said a slicing attachment was used for slicing or a grater attachment for grating were only awarded one mark for naming the attachment.

4 (c) This was answered well by many candidates with most achieving two or three marks. References to buying cost were not permitted as the question asked for advantages and disadvantages of using a food processor. The most popular advantages given were saving time and ease of use. Noise and references to washing up were commonly given as disadvantages.

4 (d) Only a very small proportion of candidates were able to name the correct consumer law.

**Question 5**

5 (a) Some candidates accurately recognised the link between anti-oxidants and health with common responses saying they are important for immunity or they protect from CHD and some cancers. A number of candidates mentioned free radicals. However, there were inaccurate responses given at times, e.g. anti-oxidants get rid of toxins. Some candidates simply stated the function of various vitamins without referring to anti-oxidants.

5 (b) Approximately 80% of candidates scored at least one mark. Despite the question asking for two vitamins, some candidates gave more than two answers. Either the name or the letter of the vitamin was accepted. Most candidates gave the letter. Many candidates simply said the ACE vitamins.

5 (c) Detailed knowledge of how to prepare and cook vegetables to minimise vitamin loss was demonstrated by a small proportion of candidates who were also able to make good use of subject specific technology. However, there were many vague one word responses. Some inappropriate cooking methods such as grilling and slow cooking were also suggested. Some candidates simply listed different cooking methods. A number of answers were confused and suggested boiling at a low temperature or soaking for long periods would minimise vitamin losses.
Question 6

A good understanding of dietary advice for health problems was shown and many candidates gave good range of suggestions and scored well. Anaemia was either answered very well or left blank. There was evidence of some excellent subject knowledge with good links shown between iron and vitamin C and references to both haem and non-haem iron. Some candidates confused anaemia with anorexia. A number described anaemia without giving any dietary advice.

Responses to obesity and dental caries often lacked knowledge and included suggestions about exercise and going to the gym rather than dietary advice. A number of candidates suggested cutting down on salt as a means to reduce obesity and others thought changing from saturated to unsaturated fat would lead to weight loss. There was some reference to brushing teeth or visiting the dentist rather than links to food.

Question 7

7 (a) This question was answered well. There was evidence of a good knowledge of labelling and many were able to give five accurate answers. A number of candidates were under the impression that price and nutritional information were legal requirements. Some used vague phrases such as estimated weight, where it is from, storage, instructions, manufacturer and how much is in the packet.

7 (b) This question was answered well by many candidates with 69% able to name two foods which may cause allergies. The most popular answers were nuts, milk and wheat.

7 (c) Very few candidates achieved full marks. Most were able to give a simple response explaining the difference between ‘best before’ and ‘use by’ dates but some confused ‘best before’ and ‘use by’ or implied they were the same thing. A number of candidates believed date marking was for the benefit of the supermarket rather than the consumer. More able candidates were able to refer to perishable foods and shelf life. Some also gave examples.

7 (d) Some candidates had a good knowledge of nutrition labelling and could accurately name and describe traffic light labelling and GDAs but many gave very vague descriptions of tables and pie charts.

Question 8

8 (a) There were very good answers to this question and most candidates were able to give some valid suggestions as to how money could be saved when buying food. Candidates are encouraged to look at the mark allocation when writing their responses.

A small number of candidates misinterpreted the question and described different types of shops or methods of shopping. Others wrote about cooking and storing food in order to save money rather than focusing on buying.
8 (b) This question was accessible to all candidates and there were very few who did not attempt it.

The majority achieved a mark in the middle band (4-7 marks). There was evidence of excellent nutritional knowledge and the ability to apply this to the nutritional needs of the elderly. Valid examples of how these needs could be met were included in a number of answers. Most demonstrated a clear understanding of calcium, vitamin D and protein and could give relevant functions and food sources. However, the food sources were often more accurate than the function.

Less strong candidates just listed nutrients or mentioned the function and source of nutrients but did not make reference to the elderly, e.g. Vitamin C prevents scurvy and Vitamin A stops blindness. It would have been good to see less vague answers when talking about vitamins and minerals; naming them specifically or linking them to the needs of the elderly is recommended.

Some responses were repetitive and a number of candidates wrote at length about shopping with carers, meals on wheels, ready meals and care homes, which was not relevant to the question. It was disappointing to read a number of negative comments regarding the elderly and their inability to eat solid foods.

Pleasingly, specific references were sometimes seen to health issues which may be encountered by elderly people and were able to make good diet suggestions. There was good use of subject specific terminology.

Quality of Written Communication (QWC) was assessed in this question. There was evidence of some well written answers.

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