

# – Public use –

LUI

Venue code

School name

Given name/s

Family name

Attach your  
barcode ID label here

Sample assessment 2020

Question and response book

## Food & Nutrition

### Time allowed

- Perusal time — 10 minutes
- Working time — 120 minutes

### General instructions

- Answer all questions in this question and response book.
- Write using black or blue pen.
- Planning paper will not be marked.

### Section 1 (44 marks)

- 6 short response questions

### Section 2 (51 marks)

- 1 extended response question





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**Section 1**

**Instructions**

- Respond in dot points or full sentences.
  - If you need more space for a response, use the additional pages at the back of this book.
    - On the additional pages, write the question number you are responding to.
    - Cancel any incorrect response by ruling a single diagonal line through your work.
    - Write the page number of your alternative/additional response, i.e. See page ...
    - If you do not do this, your original response will be marked.
  - This section has six questions and is worth 44 marks.
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**QUESTION 1 (6 marks)**

Explain the purpose of the food standards code in relation to the labelling of a food product.

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## QUESTION 2 (8 marks)

### Mango oat smoothie food label



**SOURCE OF DIETARY FIBRE**

**Nutrition information**

Servings per package: 1  
Serving size: 300 mL

	Average quantity per serving	Average quantity per 100 mL
Energy	1305 kJ	435 kJ
Protein	9.0 g	3.0 g
Fat, total	12.6 g	4.2 g
– saturated	1.2 g	0.4 g
Carbohydrate	34.5 g	11.5 g
– sugars	12.3 g	4.1 g
– dietary fibre	7.5 g	2.5 g
Sodium	9 mg	3 mg

**Ingredients:** water, mango, oats, flaxseed

### Nutrient Profiling Scoring Criterion (NPSC)

Mango oat smoothie			
<b>Category 1</b>			
<b>Baseline points:</b>			
	<i>Amount entered</i>	<i>Points earned</i>	
<i>Nutrient information</i>			
Energy	435	1	
Saturated fatty acids	0.4	0	
Sugars	4.1	0	
Sodium	3.0	0	
<b>Total baseline points</b>			<b>1</b>
<b>Modifying points:</b>			
		<b>Amount entered</b>	<b>Points earned</b>
<i>fvl</i>	Non- <i>fvl</i> ingredients	66.8%	0
	Non-concentrated <i>fvl</i> ingredients	33.2%	
	Concentrated fruit and vegetable ingredients	0%	
Protein		3.0	1
Dietary fibre		0	0
<b>Total modifying points</b>			<b>1</b>
<b>Final score</b>			<b>0</b>

Using evidence from the label and the NPSC table, identify and explain four reasons why the mango oat smoothie is suitable for health-conscious consumers.

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**QUESTION 3 (6 marks)**

Explain why foods are reformulated for the following nutrition consumer markets. Provide an example for each.

a) Elderly

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b) Lactose-intolerant

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c) Pregnant

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## QUESTION 4 (8 marks)

The information below is a list of food choices presented to a gluten-intolerant consumer.

Food choices
<b>Baked fish</b> <i>served with seasonal vegetables and a cheese sauce</i>
<b>Satay chicken and vegetable kebabs</b> <i>served with rice</i>
<b>Chili beans</b> <i>served with tortilla chips and a jacket potato</i>

Evaluate the suitability of these food choices for a gluten-intolerant consumer. Refine the food choices and justify the recommendations for this consumer.

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**QUESTION 5 (8 marks)**

The formulation below is for a new snack food prototype.

Snack food formulation per 100 g of food product

Serving size 25 g

<b>Food components</b>	<b>Procedure</b>
100 g potatoes 10 g salt 5 g chicken-flavoured seasoning 5 g garlic powder 10 mL palm oil	<ol style="list-style-type: none"><li>1. Peel and thinly slice the potatoes.</li><li>2. Immerse potato slices in hot oil (180 °C) until slices float to surface and are golden in colour.</li><li>3. Drain. Season with salt, chicken-flavoured seasoning and garlic.</li><li>4. Cool and package.</li></ol>

Explain how the product can be reformulated to support the health of consumers experiencing coronary heart disease.

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**QUESTION 6 (8 marks)**

Below are the ingredient lists and nutrition information panels for four snack foods.

**Microwave popcorn**

**Ingredients:** popping corn (91%), vegetable oils [contains antioxidants 307B, 304], salt, natural flavour [contains milk], colour (annatto)

**Nutrition information panel**

Average quantity per serve Serving size — 30 g	
Energy	522 kJ
Protein	3.27 g
Fat, total – saturated	3.36 g 0.6 g
Carbohydrates – sugars – dietary fibre	18.36 g 0.21 g 3.2 g
Sodium	90 mg

**Plain sweet biscuits**

**Ingredients:** wheat flour, sugar, vegetable oil, condensed milk, salt, baking powder, arrowroot flour, soy lecithin, antioxidants

**Nutrition information panel**

Average quantity per serve Serving size — 25 g or 3 biscuits	
Energy	445 kJ
Protein	1.6 g
Fat, total – saturated	2.6 g 1.3 g
Carbohydrates – sugars – dietary fibre	19.5 g 6.0 g 0.7 g
Sodium	10 mg

**Coconut yoghurt**

**Ingredients:** coconut milk, coconut water, corn flour, live yoghurt cultures

**Nutrition information panel**

Average quantity per serve Serving size — 150 g	
Energy	711 kJ
Protein	1.35 g
Fat, total – saturated	15.3 g 13.65 g
Carbohydrates – sugars – dietary fibre	5.1 g 4.8 g 0.3 g
Sodium	19.2 mg

**Chocolate rice bars**

**Ingredients:** rice balls (32%) [whole white rice, sugar, salt, barley malt extract], glucose, candy-coated choc chips (14%) [choc compound (sugar, vegetable fat, cocoa powder, milk solids), emulsifiers (soy lecithin [492], salt, natural flavour), coating [sugar, tapioca starch, natural colours 171,100, 120, 160C], glazing agent (903, 904)], fructose, invert sugar, hydrogenated soya bean oil [contains antioxidants 304, 307B], sugar, glucose solids, cocoa powder, skim milk powder, humectant [glycerol], gelatin, emulsifiers [soy lecithin, 472E], salt, natural flavour

**Nutrition information panel**

Average quantity per serve Serving size — 25 g	
Energy	435 kJ
Protein	1 g
Fat, total – saturated	2.43 g 1.1 g
Carbohydrates – sugars – dietary fibre	19.1 g 8.6 g 5 g
Sodium	58 mg



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- a) Determine the category of each snack food. Each food can only be used for one category in the list.

[4 marks]

Low in fibre \_\_\_\_\_

High in fat

\_\_\_\_\_

\_\_\_\_\_

High in sugar \_\_\_\_\_

High in salt \_\_\_\_\_

- b) Decide which snack food consumers diagnosed with coronary heart disease should avoid. Justify your answer.

[4 marks]

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**Section 2**

**Instructions**

- Refer to the stimulus book.
  - Respond in paragraphs consisting of full sentences.
  - This section has one question and is worth 51 marks.
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**QUESTION 7 (51 marks)**

Use the problem-solving process to determine the best possible solution to the problem presented in the stimulus book. Refer to the test kitchen report from the stimulus book in your response.

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**ADDITIONAL PAGE FOR STUDENT RESPONSES**

Write the question number you are responding to.

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**ADDITIONAL PAGE FOR STUDENT RESPONSES**

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## Acknowledgments

### Question 2

Nutrition Profiling Score was compiled and created using the NPSC online calculator at [www.foodstandards.gov.au/industry/labelling/pages/nutrientprofilingcalculator/default.aspx](http://www.foodstandards.gov.au/industry/labelling/pages/nutrientprofilingcalculator/default.aspx).





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