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Famil	y nan	ne _						barcode ID label here
Exte	rnal	asse	ssme	ent				Book of books used
							П	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.
- Respond in paragraphs consisting of full sentences.
- · Planning paper will not be marked.

#### Section 1 (18 marks)

• 5 short response questions

# Section 2 (42 marks)

• 1 extended response question



# DO NOT WRITE ON THIS PAGE THIS PAGE WILL NOT BE MARKED

# **Section 1**

#### Instructions

- 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 five questions and is worth 18 marks.

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#### **QUESTION 3 (4 marks)**

The formulation for a raspberry pudding is shown.

#### **Food components**

## Procedure

85 mL coconut milk

85 mL almond milk

40 g chia seeds

30 g frozen raspberries

20 g shredded coconut

5 g honey

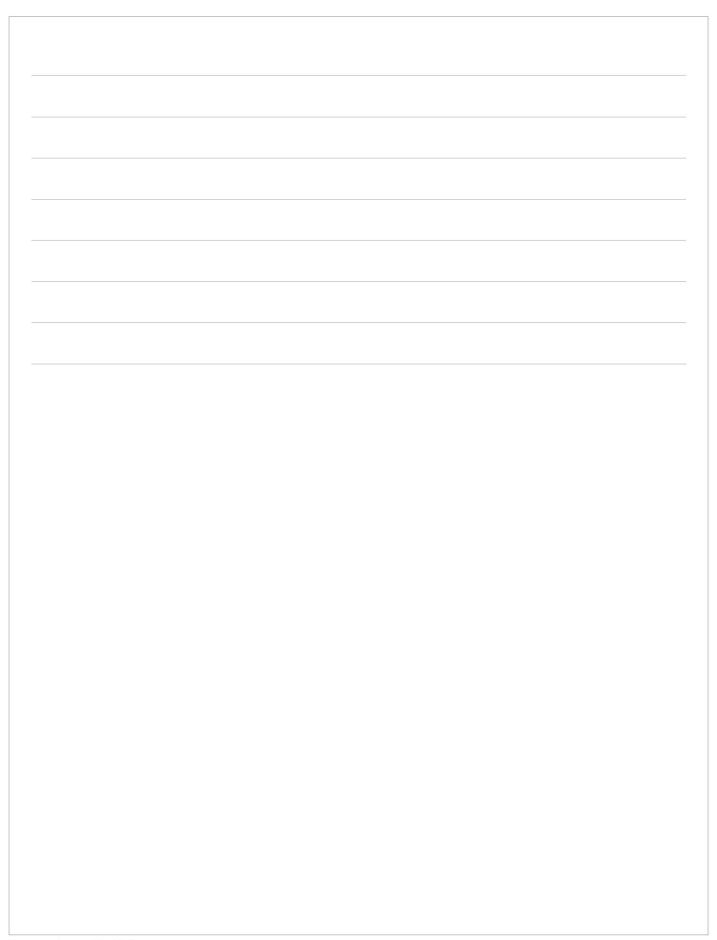
In a small jar, stir together coconut milk, almond milk and chia seeds. Top with frozen berries, shredded coconut and a drizzle of honey.

Seal jar and refrigerate for 2 hours or overnight.

#### **Nutrition information panel**

Servings per package: 1 Serving size: 250 g							
	Average quantity per serving	Average quantity per 100 g					
Energy	1580 kJ	632 kJ					
Protein	7.8 g	3.1 g					
Fat, total	38.0 g	15.2 g					
<ul><li>saturated</li></ul>	22.3 g	8.9 g					
Carbohydrate	17.8 g	7.1 g					
- sugars	10.9 g	4.4 g					
Sodium	24 mg	10 mg					

Identify two ways the raspberry pudding could be reformulated to meet the needs of the elderly nutrition consumer market. Use the information provided to justify your reformulations.



### **QUESTION 4 (4 marks)**

The nutrition information panels for three cereals are shown.

#### Cereal 1

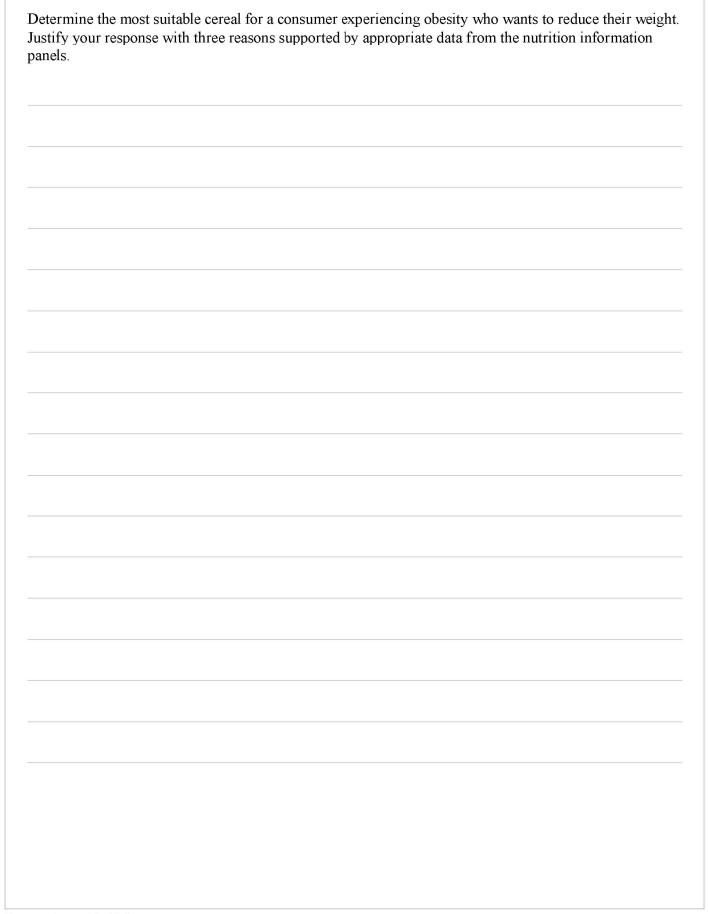
Servings per package: 11 Serving size: 30 g Average Average quantity quantity per 100 g per serving 1610 kJ Energy 483 kJ 9.0 gProtein 2.7 gFat, total 1.44 g 4.8 g- saturated 0.39 g1.3 g Carbohydrate 21.45 g 71.5 g – sugars 8.07 g26.9 g Dietary fibre 7.9 g2.37 g Sodium 33 mg 110 mg

#### Cereal 2

Servings per package: 10 Serving size: 40 g Average Average quantity quantity per 100 g per serving 1487 kJ Energy 594.8 kJ Protein 2.9 g7.25 g Fat, total 0.6 g1.5 g - saturated 0.2 g0.5 gCarbohydrate 70.25 g 28.1 g - sugars 8.52 g 21.3 g Dietary fibre 11.3 g 4.52 g Sodium 80 mg 200 mg

#### Cereal 3

Servings per package: 11 Serving size: 45 g Average Average quantity quantity per serving per 100 g 886 kJ 1969 kJ Energy Protein 4.8 g10.7 gFat, total 9.2 g20.4 g- saturated 3.8 g1.7 g Carbohydrate 25.7 g 57.1 g - sugars 7.7 g17.1 g Dietary fibre 2.6 g5.8 gSodium 5 mg 11 mg



# **QUESTION 5 (5 marks)**

The nutrition information panel and Nutrient Profiling Scoring Criterion (NPSC) for a new protein shake are presented to a fitness-focused consumer.

# **Nutrition information panel**

Servings per packag	ge: 1						
Serving size: 55 g							
	Average quantity per serving	Average quantity per 100 g					
Energy	856 kJ	1556 kJ					
Protein	23.9 g	43.5 g					
Fat, total	4.4 g	8 g					
– saturated	2.1 g	3.8 g					
Carbohydrate	13.1 g	23.8 g					
– sugars	5.2 g	9.4 g					
Dietary fibre	7.4 g	13.5 g					
Sodium	4.4 mg	8 mg					

# **Nutrient Profiling Scoring Criterion**

Protei	n shake			
Catego	ory 1			
Baseli	ne points:			
Nutrient information		Amount entered	Points earned	
Energy	Y	1556	4	
Satura	ted fatty acids	0.8	0	
Sugars	s	9.4	2	
Sodiur	n	8	0	
Total l	baseline points		6	
Modif	Modifying points: Amou		Points earned	
	Non fvnl ingredients	100%		
fvnl	Non-concentrated fvnl ingredients	0%	0	
jvni	Concentrated fruit and vegetable ingredients	0%	U	
Protein	Protein 53.5		5	
Dietary fibre 0			0	
Total 1	modifying points		5	
Final:	score		1	

	want strong physical performance'. Use the NPSC data to justify whether this health claim is warranted.	[2 mark
-		
,		
b)	Justify why a fitness-focused nutrition consumer might use the protein shake after	
b)	Justify why a fitness-focused nutrition consumer might use the protein shake after exercise.	[3 mark
b)		[3 mark

# Section 2

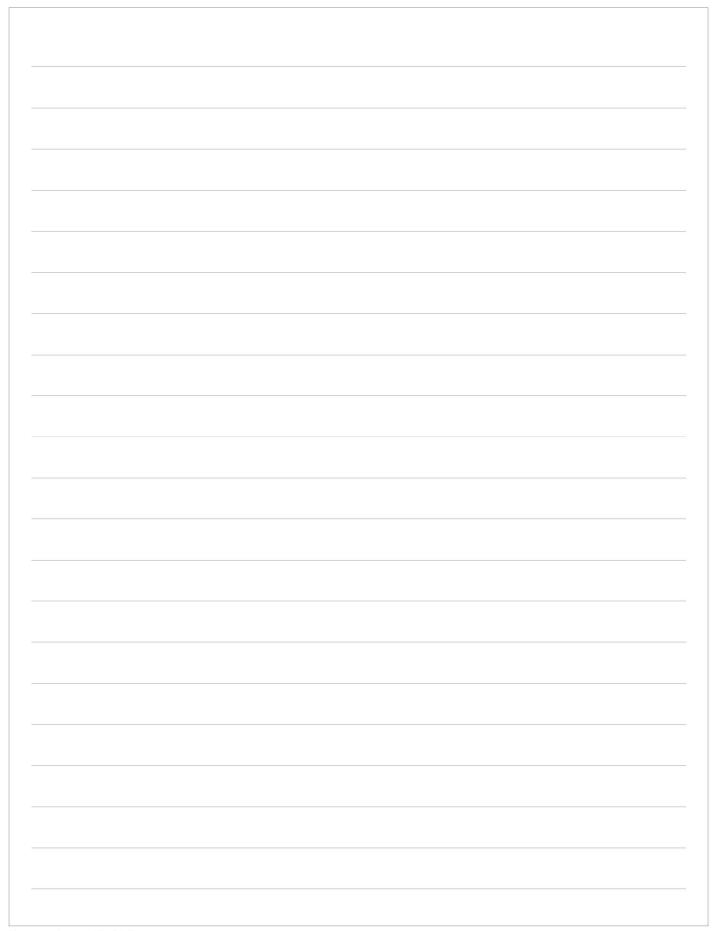
#### **Instructions**

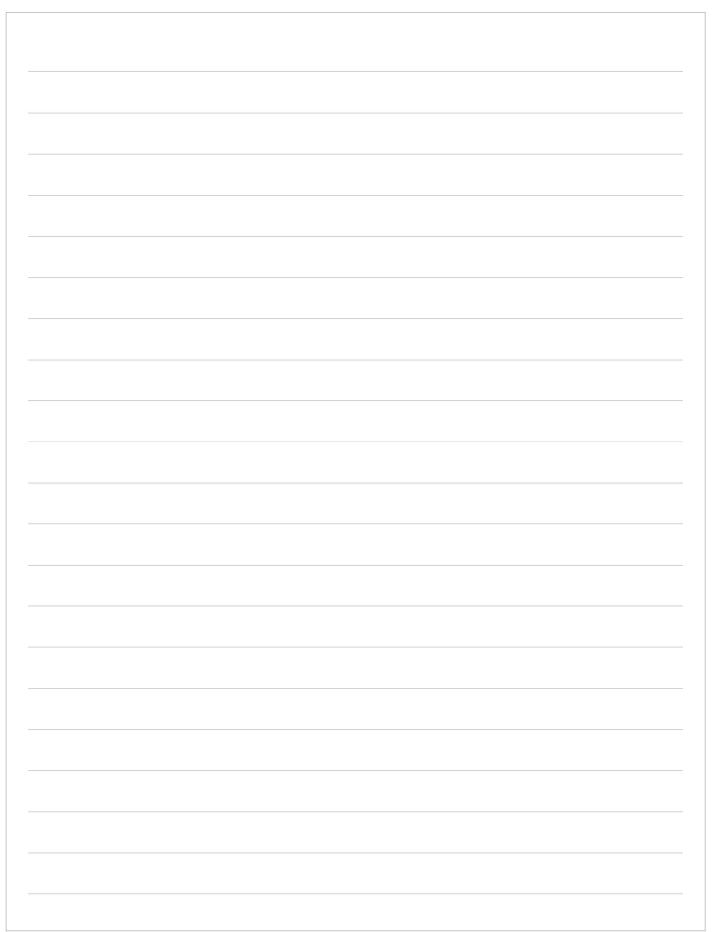
- This section has one question and is worth 42 marks.
- Respond in 400 words or more.

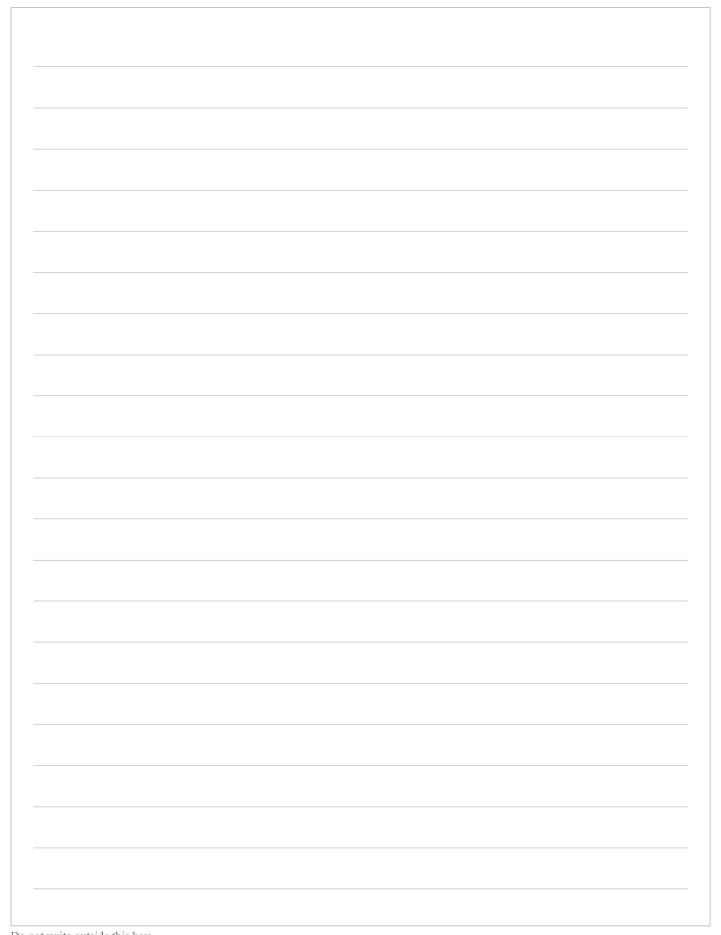
# QUESTION 6 (42 marks)

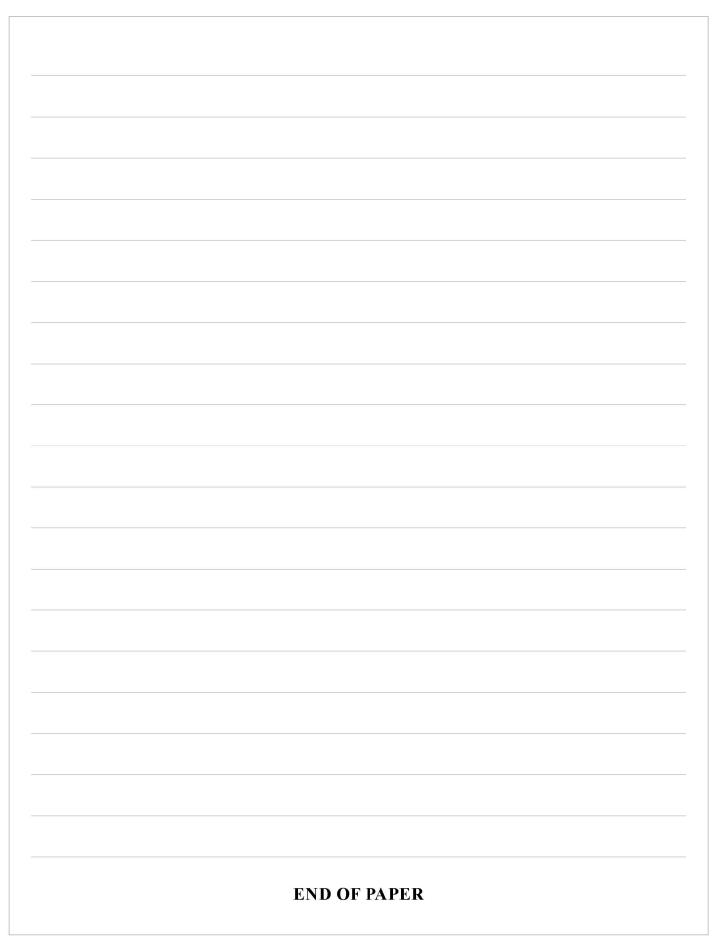
The Food Kit Company markets ready-to-prepare meal kits, which are packs of food components with instructions. These are suitable for quick and easy preparation at home. The company has identified that there is a limited available range of meals suitable for the nutrition consumer experiencing diabetes. To fill this gap in the market, the company has developed three prototypes in its test kitchen. The results of the testing are outlined in Stimulus 1 in the stimulus book.

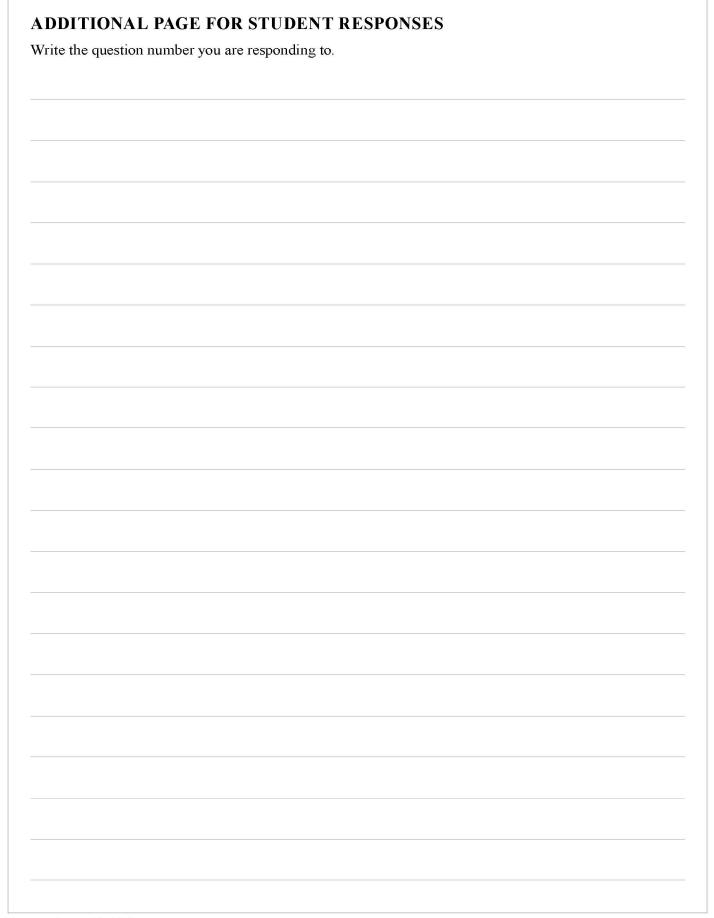
lable option for the	rood Kit Company to	itable option for the Food Kit Company to add to its range.					

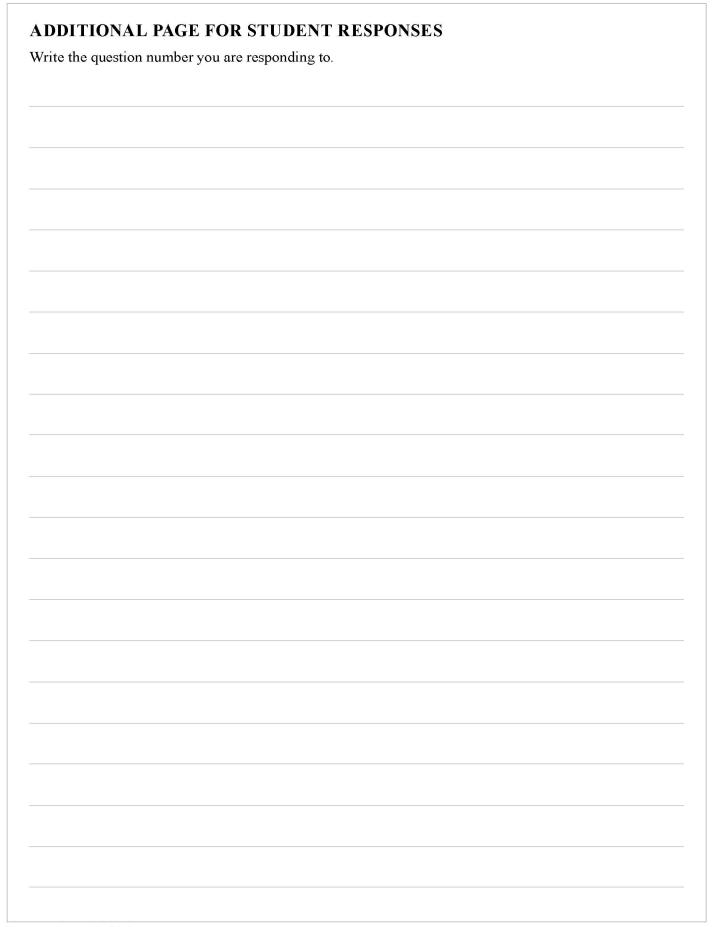


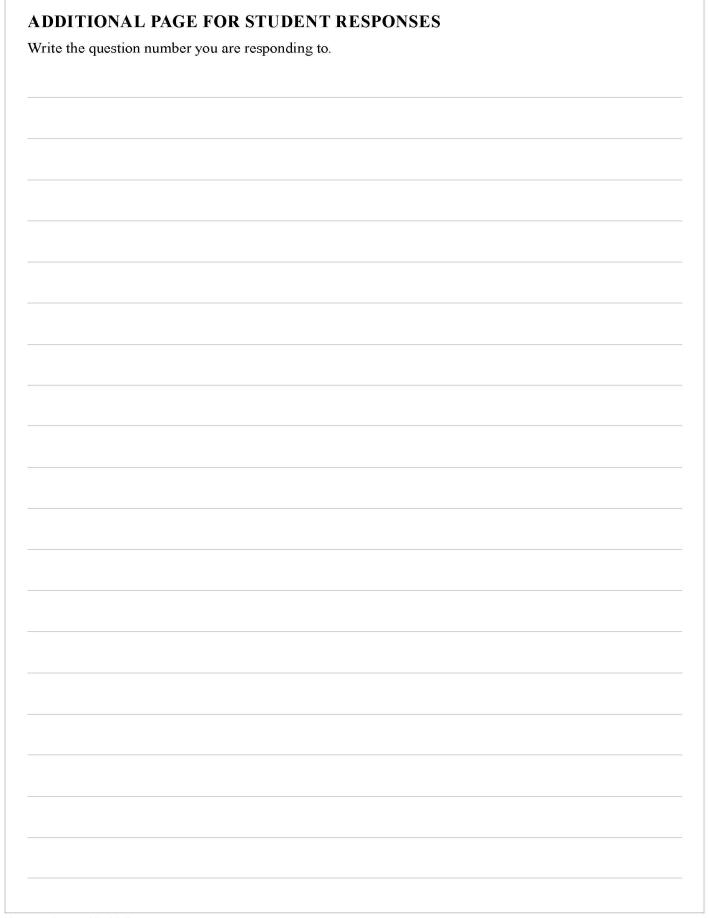












# References

Chelsea, 2014, 'Coconut Raspberry Chia Breakfast Pudding Cups', *Port and Fin*, 28 November, https://portandfin.com/coconut-raspberry-chia-breakfast-pudding-cups

Food Standards Australia and New Zealand 2019, *Nutrient Profiling Scoring Calculator*, www.foodstandards.gov.au/industry/labelling/pages/nutrientprofilingcalculator/default.aspx.



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