Food & Nutrition marking guide and response

External assessment 2025

Combination response (59 marks)

Assessment objectives

This assessment instrument is used to determine student achievement in the following objectives:

1. recognise and describe facts and principles related to the food system, food formulation and nutrition consumer markets

2. explain ideas and problems related to current and emerging nutrition consumer markets

3. analyse problems, information and data related to current and emerging nutrition consumer markets

4. determine solution requirements and criteria for nutrition consumer market problems

5. synthesise information and data for solutions related to nutrition consumer market problems

7. evaluate and refine ideas and solutions to make justified recommendations for enhancement.

Note: Unit objectives 6 and 8 are not assessed in this instrument.

Purpose

This document consists of a marking guide and a sample response.

The marking guide:

- provides a tool for calibrating external assessment markers to ensure reliability of results
- indicates the correlation, for each question, between mark allocation and qualities at each level of the mark range
- informs schools and students about how marks are matched to qualities in student responses.

The sample response:

- demonstrates the qualities of a high-level response
- has been annotated using the marking guide.

Mark allocation

Where a response does not meet any of the descriptors for a question or a criterion, a mark of '0' will be recorded.

Marking guide

Short response

Q	Sample response	The response:
1a)	Bold font helps consumers easily identify potential allergens in the product.	• explains that bold font is used so that allergen information is easy for consumers to find **[1 mark]**
1b)	Wholegrain wheat flakes contain gluten. A suitable alternative for the bar is quinoa flakes.	• identifies wholegrain wheat flakes **[1 mark]** • proposes a suitable alternative **[1 mark]**
1c)	The company can claim the snack bar is low in sodium because it has only 29 mg sodium per 100 g, lower than the limit of 120 mg.	• identifies that the claim can be made **[1 mark]** • uses relevant data from the NPSC to support the response **[1 mark]**
1d)	The snack bar is suitable for the fitness-focused NCM because it earns 4 points for energy, indicating that it provides a concentrated source of energy (1580 kJ per 100g) to support physical activity.	• explains why the product is suitable **[1 mark]** • uses relevant data from the NPSC to support the response **[1 mark]**

Q	Sample response	The response:
2a)	The reformulated meal better meets the needs of the elderly NCM by providing a smaller portion with increased kJ and more meat to increase protein content.	• explains how the reformulated meal better meets one nutritional need of the elderly NCM **[1 mark]** • explains how the reformulated meal better meets a second nutritional need of the elderly NCM **[1 mark]**
2b)	Product 1, chocolate pudding, is the better option for the elderly NCM because it is higher protein (14.9g) per serve important for maintaining muscle mass and lower in kJ in accordance with the reduced RDI for energy.	• determines that product 1 is the better option **[1 mark]** • provides one appropriate justification for chosen product using data **[1 mark]** • provides a second appropriate justification for chosen product using data **[1 mark]** • provides a third appropriate justification for chosen product using data **[1 mark]**
2c)	Add fruit to vanilla rice pudding to provide increased fibre for bowel regularity, as it only has 0.34 g.	• identifies appropriate change **[1 mark]** • provides justification with data **[1 mark]**

Q	Sample response	The response:
3a)	One disadvantage is it contributes to current poor health due to high saturated fat content (10.6 g per serve), which increases LDL cholesterol levels. A second disadvantage is that it is high in energy (2100 kJ per serve). An obese consumer requires reduced daily kJ intake, and this meal would contribute too much energy.	• explains one disadvantage **[1 mark]** • provides justification using data **[1 mark]** • explains a second disadvantage **[1 mark]** • provides justification using data **[1 mark]**
3b)	• replace pork mince (higher in fat than beef) with tinned lentils to reduce saturated fat content and increase fibre to reduce LDL cholesterol, reduce kJ content and reduce risk of coronary heart disease • replace cream in mashed potatoes with milk to reduce saturated fat and kJ content	• proposes one appropriate refinement **[1 mark]** • justifies response **[1 mark]** • proposes a second appropriate refinement **[1 mark]** • justifies response **[1 mark]**

Extended response — Question 4

Criterion: Analyse the problem to determine the solution requirements for each stakeholder (5 marks)

The response:	The response:

• provides viable solution requirements for the company that represent consumer preferences, including:
  − price/value for money **[1 mark]**
  − convenient and quick to prepare **[1 mark]**
	• provides viable solution requirements for infant consumers and parents/carers that:
	  − are lactose free and meet infant needs for nutrition **[1 mark]**
	  − meet recommendations for sodium and sugar **[1 mark]**
	  − have an age-appropriate texture that supports self-feeding **[1 mark]**

Criterion: Analyse how prototype formulations meet the solution requirements of consumer preferences (6 marks)

The response, for prototype 1:	The response, for prototype 2:	The response, for prototype 3:
• analyses whether the prototype meets one preference **[1 mark]** • analyses whether the prototype meets a second preference **[1 mark]**	• analyses whether the prototype meets one preference **[1 mark]** • analyses whether the prototype meets a second preference **[1 mark]**	• analyses whether the prototype meets one preference **[1 mark]** • analyses whether the prototype meets a second preference **[1 mark]**

Criterion: Analyse how prototype formulations meet the solution requirements of the NCM (12 marks)

The response, for prototype 1:	The response for prototype 2:	The response, for prototype 3:
• analyses how prototype 1 meets the needs of the NCM and recommendations for infant nutrition, including: − the recommendation for sodium **[1 mark]** − the recommendation for sugar **[1 mark]** − the NCM's nutritional needs **[1 mark]** − the NCM's need for age-appropriate texture **[1 mark]**	• analyses how prototype 2 meets the needs of the NCM and recommendations for infant nutrition, including: − the recommendation for sodium **[1 mark]** − the recommendation for sugar **[1 mark]** − the NCM's nutritional needs **[1 mark]** − the NCM's need for age-appropriate texture **[1 mark]**	• analyses how prototype 3 meets the needs of the NCM and recommendations for infant nutrition, including: − the recommendation for sodium **[1 mark]** − the recommendation for sugar **[1 mark]** − the NCM's nutritional needs **[1 mark]** − the NCM's need for age-appropriate texture **[1 mark]**

Criterion: Analyse sensory profiling of each prototype formulation (4 marks)

The response, for prototype 1:	The response for prototype 2:	The response, for prototype 3:
• provides an analysis of the three sensory properties to determine prototype 1 has: − the poorest ratings for each aspect **[1 mark]**	• provides an analysis of the three sensory properties to determine prototype 2 has: − the best ratings for appearance **[1 mark]**	• provides an analysis of the three sensory properties to determine prototype 3 has: − the best ratings for taste **[1 mark]** − the best ratings for aroma **[1 mark]**

Criterion: Evaluate and refine ideas and solutions to make justified recommendations for enhancement (9 marks)

The response:	The response:
- identifies prototype 2 as the best solution **[1 mark]** - provides justification, including: – nutritional appropriateness for the NCM **[1 mark]** – textural appropriateness for the NCM **[1 mark]** – speed of preparation **[1 mark]** – cost effectiveness **[1 mark]**	- makes one effective recommendation for the enhancement of a prototype **[1 mark]** - justifies the first recommendation based on data from the stimulus **[1 mark]** - makes a second effective recommendation for enhancement of a prototype **[1 mark]** - justifies the second recommendation based on data from the stimulus **[1 mark]**