



Cambridge O Level

FOOD AND NUTRITION

6065/13

Paper 1 Theory

May/June 2026

MARK SCHEME

Maximum Mark: 100

Published

This mark scheme contains the instructions and marking guidance that our examiners used to mark candidate responses for this component.

Before they start marking, examiners complete a standardisation process. They review a range of candidate responses and discuss the mark scheme in detail to agree which answers can and cannot be accepted. Examiners award marks where it is clear that candidate responses have met the requirements of the mark scheme. These requirements may vary between different components or different versions of the same component, depending on the exact requirements of the question and the candidate responses seen during the standardisation process.

Sometimes, our mark schemes may allow marks to be awarded to responses which contain elements that are factually incorrect or for content not covered by the syllabus. We do this in response to the demands of a specific question to support candidates and make sure that our assessments are fair. However, these allowances should not be used as a guide for teaching and learning.

We cannot discuss the mark scheme with schools, and we recommend that schools read the mark scheme together with the assessment material and the Principal Examiner Report for Teachers.

This document consists of **25** printed pages.

General marking principles

All examiners must apply these marking principles when marking candidate responses.

1	Examiners must award marks for each response in line with: - the specific content defined in the mark scheme - the specific skills defined in the mark scheme or in the level descriptions - the standard of response required as exemplified by the standardisation scripts.
2	Examiners must award whole marks (not half marks, or other fractions).
3	Examiners must award marks positively . This means that: - marks are not deducted for errors or omissions - marks are awarded for correct/valid answers as defined in the mark scheme and also for other valid answers which go beyond the scope of the syllabus and mark scheme referring to your team leader as appropriate - the quality of spelling, punctuation and grammar are judged only when the mark scheme indicates that these features are specifically assessed in the question. However, the meaning of all responses must be unambiguous.
4	Examiners must consistently apply the requirements of the mark scheme and any rules for what to do when candidates have not followed instructions correctly.
5	Examiners must use the full range of marks defined in the mark scheme, unless limited by the quality of the candidate responses seen.
6	Examiners must award marks according to the mark scheme and must not award marks with grade thresholds or grade descriptions in mind.

Science-Specific Marking Principles

1	Examiners should consider the context and scientific use of any keywords when awarding marks. Although keywords may be present, marks should not be awarded if the keywords are used incorrectly.
2	The examiner should not choose between contradictory statements given in the same question part, and credit should not be awarded for any correct statement that is contradicted within the same question part. Wrong science that is irrelevant to the question should be ignored.
3	Although spellings do not have to be correct, spellings of syllabus terms must allow for clear and unambiguous separation from other syllabus terms with which they may be confused (e.g. ethane / ethene, glucagon / glycogen, refraction / reflection).
4	The error carried forward (ecf) principle should be applied, where appropriate. If an incorrect answer is subsequently used in a scientifically correct way, the candidate should be awarded these subsequent marking points. Further guidance will be included in the mark scheme where necessary and any exceptions to this general principle will be noted.
5	<u>'List rule' guidance</u> For questions that require <i>n</i> responses (e.g. State two reasons ...): • The response should be read as continuous prose, even when numbered answer spaces are provided. • Any response marked <i>ignore</i> in the mark scheme should not count towards <i>n</i>. • Incorrect responses should not be awarded credit but will still count towards <i>n</i>. • Read the entire response to check for any responses that contradict those that would otherwise be credited. Credit should not be awarded for any responses that are contradicted within the rest of the response. Where two responses contradict one another, this should be treated as a single incorrect response. • Non-contradictory responses after the first <i>n</i> responses may be ignored even if they include incorrect science.

6 Calculation specific guidance

Correct answers to calculations should be given full credit even if there is no working or incorrect working, **unless** the question states 'show your working'.

For questions in which the number of significant figures required is not stated, credit should be awarded for correct answers when rounded by the examiner to the number of significant figures given in the mark scheme. This may not apply to measured values.

For answers given in standard form (e.g. $a \times 10^n$) in which the convention of restricting the value of the coefficient (a) to a value between 1 and 10 is not followed, credit may still be awarded if the answer can be converted to the answer given in the mark scheme.

Unless a separate mark is given for a unit, a missing or incorrect unit will normally mean that the final calculation mark is not awarded. Exceptions to this general principle will be noted in the mark scheme.

7 Guidance for chemical equations

Multiples / fractions of coefficients used in chemical equations are acceptable unless stated otherwise in the mark scheme.

State symbols given in an equation should be ignored unless asked for in the question or stated otherwise in the mark scheme.

Annotations guidance for centres

Examiners use a system of annotations as a shorthand for communicating their marking decisions to one another. Examiners are trained during the standardisation process on how and when to use annotations. The purpose of annotations is to inform the standardisation and monitoring processes and guide the supervising examiners when they are checking the work of examiners within their team. The meaning of annotations and how they are used is specific to each component and is understood by all examiners who mark the component.

We publish annotations in our mark schemes to help centres understand the annotations they may see on copies of scripts. Note that there may not be a direct correlation between the number of annotations on a script and the mark awarded. Similarly, the use of an annotation may not be an indication of the quality of the response.

The annotations listed below were available to examiners marking this component in this series.

Annotations

Annotation	Meaning
	Correct point or mark awarded
	Incorrect point or mark not awarded
	Benefit of the doubt given
Highlighted text	Highlighting areas of text
On-page comment box	Allows comments to be entered on the page
Off-page comment box	Allows comments to be entered at the bottom of the marking window and then displayed when the associated question item is navigated to
	Information missing or insufficient for credit
	Repetition in response
	Incorrect or insufficient point ignored while marking the rest of the response

Annotation	Meaning
R	Incorrect point or mark not awarded
CON	Contradiction in response, mark not awarded
SEEN	Point has been noted, but no credit has been given or blank page seen
	Key point attempted / working towards marking point / incomplete answer / response seen but not credited / blank page seen

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Question	Answer	Marks	Guidance
1	<i>meaning of a balanced diet</i> contains <u>all nutrients</u> in <u>correct proportion / quantities</u> (to meet the needs of an individual);	2	Must state all nutrients and correct proportion for full mark A all food groups, all macronutrients and micronutrients for <u>all nutrients</u> A perfect amount, adequate amount, appropriate amount, sufficient amount, suitable amount, right amount, correct portion for <u>correct proportion / quantities</u>

Question	Answer	Marks	Guidance
2(a)	<i>health issues caused by a lack of vitamin A</i> growth rate (of children) can be stunted / slowed down / reduced; (unable to synthesise rhodopsin resulting in) <u>night blindness</u> / poor vision in dim light; severe and prolonged deficiency can lead to blindness; unhealthy skin e.g. roughened, dry, scaly skin; weakened immune system / lack of immunity to infection / susceptibility to colds, flu, bacterial and viral infections; dry / damaged mucus linings in nose / respiratory tract; tear glands become blocked and membranes at front of eye become dry, itchy and inflamed; xerophthalmia may also occur in long term, where dead cells accumulate on surface of eye, causing them to become dry and opaque;	3	Any three health issues R any reference to good vision / eyesight R dry eye with no explanation

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Question	Answer	Marks	Guidance
2(b)(i)	<i>effects on health due to a deficiency of vitamin B₂</i> burning / itching / reddening of the cornea; cracks at corners of mouth / sore/swollen/burning lips / cheilosis; dermatitis / peeling / dry / scaly / inflamed skin; eyes sensitive to light; inflammation of mouth and throat / sore throat; nervous system impaired / damaged; poor / slow / stunted growth (in children); swollen tongue / glossitis; tiredness / fatigue / lack of energy; weakened immune system;	3	Any three effects R weakness / fainting / dizziness / exhaustion
2(b)(ii)	<i>animal sources of vitamin B₂</i> meat or one named example, beef, pork, lamb, venison, goat; dairy foods or one named example; eggs; fish roe; offal or one named example; <u>oily</u> fish or one named example; poultry or one named example;	3	Any three different animal sources R fish oil

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Question	Answer	Marks	Guidance
3	<i>reasons why manual workers require a good supply of protein in their diet</i> to maintain / repair / replace / renew body cells / bones / skin as they wear out/become damaged; increased feelings of fullness/satiety (burn more calories so would be more hungry); maintain / build / strengthen / repair muscle (to ensure they can continue to do their job effectively); manufacture / production / formation of antibodies; manufacture / production / formation of enzymes; manufacture / production / formation of hormones; to supply a <u>secondary source</u> of energy;	3	Any three reasons R growth as manual workers will already be past the growth stage in life

Question	Answer	Marks	Guidance
4	<i>functions of carbohydrates in the body</i> protein sparer; (polysaccharide / fibre) helps to protect the body from digestive problems / constipation / haemorrhoids / colon cancer; (polysaccharide / fibre) provides feeling of fullness / satiety; energy store / stored as glycogen as reserve energy source; (polysaccharide / fibre) helps to lower blood cholesterol levels;	3	Any three functions R provide energy

Question	Answer	Marks	Guidance
5	<i>garnishes suitable for serving with boiled white rice</i> bell pepper; boiled / fried / poached egg / egg yolk; carrots julienne / baton / sticks; cucumber twists / slices / butterflies; fried / caramelised onion; <u>named</u> dried fish e.g. furikake, bonito flakes; <u>named</u> dried meat e.g. bresaola, salami, beef jerky, prosciutto, chorizo; <u>named</u> edible flower e.g. pansy, nasturtium, borage, rose petals; <u>named</u> herbs e.g. parsley, chives, coriander; <u>named</u> seed e.g. poppy, chia, sunflower; olives; radish slices / roses; <u>red</u> onion / shallot; seaweed; spring onion/green onion/scallion; sprinkle paprika on plate / rice; tomato slice / wedge / rose;	3	AVP Any three suitable named garnishes

Question	Answer	Marks	Guidance
6(a)	<i>chemical elements that make up fats and oils</i> carbon; hydrogen; oxygen;	3	

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Question	Answer	Marks	Guidance
6(b)	<i>why saturated fats commonly used when making cake products</i> add colour; add flavour; add moisture; give a short / soft / tender / light / fluffy / spongy texture; increase keeping qualities / extends shelf life; provides (buttery) aroma; traps air during <u>creaming</u> / <u>rubbing-in</u> ;	4	Any four reasons R bind / combine
6(c)	<i>part of the digestive system where fats are digested</i> duodenum / small intestine;	1	
6(d)	<i>enzyme involved in the breakdown of fats during digestion</i> lipase;	1	
6(e)	<i>function of bile</i> emulsifies fats / breaks fats into droplets;	1	A allows lipase to break down fat faster / breaks down large fat drops into small fat droplets
6(f)	<i>end products of fat digestion</i> glycerol; fatty acids;	2	

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Question	Answer	Marks	Guidance
7	<i>reasons why increasing the amount of vegetables in the diet can help maintain good health</i> some vegetables contain HBV and LBV protein; – needed for growth, repair, secondary energy source, enzyme production, hormone production, producing antibodies facilitate transport in the body, prevention kwashiorkor, marasmus, structural framework of bones, cell structure; most vegetables are low calorie / low energy / low fat / low sugar / low starch; – help maintain weight / help decrease risk of overweight / obesity / help reduce risk of diseases related to weight gain e.g. type 2 diabetes, hypertension, stroke, heart disease / CHD; vegetables provide NSP / fibre; – provide satiety / sense of fullness so reducing need to snack inappropriately which helps decrease risk of overweight / obesity / help reduce risk of diseases related to weight gain e.g. type 2 diabetes, hypertension, stroke, heart disease / CHD; vegetables provide NSP / fibre; – so helps reduce bowel disorders e.g. constipation, haemorrhoids / piles, diverticulitis, bowel cancer; vegetables provide NSP / fibre; – control blood sugar/insulin levels as carbohydrate digestion is slowed due to high fibre content / prevent post-meal glucose spike which may cause lethargy, anxiety, hunger pangs, thirst and in long term heart disease/stroke, risk of type 2 diabetes, vegetables provide NSP / fibre; – so help lower cholesterol levels, cholesterol causes build up of plaque in heart leading to narrowing of arteries causing angina, heart attack, stroke;	8	1 × 4 for reason 1 × 4 for suitable explanation A reason and explanation reversal A increase antioxidant intake without specifying which vitamin

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Question	Answer	Marks	Guidance
7	vegetables contain vitamin A / retinol; – antioxidant, destroys free radicals/helps prevent risk of cancer, promotes healthy skin, forms mucous membranes in throat / digestive / bronchial / excretory tracts, healthy immune system/helps prevent infection, helps vision in dim light/at night. prevents night blindness / xerophthalmia, production of visual purple / rhodopsin in retina of eye, required for growth / embryonic development, helps keep mucous membranes moist and free from infection; vegetables contain B-group vitamins B1 / thiamine, B2 / riboflavin, B3 / niacin, B9 / folate; – needed for normal growth, releases energy from carbohydrates, amino acids and fats, helps nerve function, maintain healthy clear skin and mucous membranes, prevents beri-beri, pellagra, formation of red blood cells, production of DNA and RNA, protects against neural tube defects such as spina bifida in unborn babies; vegetables contain vitamin C / ascorbic acid; – antioxidant, helps make connective tissue, formation of collagen, heals wounds and fractures, – increases absorption of iron, production of red blood cells, healthy skin, healthy gum, fight infection by improving immunity of body, prevent anaemia, prevent scurvy; vegetables contain vitamin E / tocopherol; – antioxidant, destroys free radicals, formation of new blood vessels around damaged areas, functioning of sex organs / reproduction / fertility, healthy skin, maintenance of cell membranes / cellular respiration, protection against heart disease, reduces risk of developing certain cancers; vegetables contain vitamin K / phylloquinone / menaquinone; – aids the absorption of calcium in bone structure, coagulation/clotting of blood e.g. helps after injury, important in maintaining vitality and longevity, normal liver functioning, protects against osteoporosis, all newborns given vitamin K injection to prevent VKDB;		

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Question	Answer	Marks	Guidance
7	vegetables contain iron; – haemoglobin production, formation of red blood cells, transport oxygen around the body, helps convert blood sugar to energy, prevent anaemia; some vegetables contain iodide; – production of thyroid hormones, functioning of thyroid gland, prevent goitre, energy metabolism, normal skin, nervous system function; some vegetables contain potassium; muscle function, nerves function, heart function, nutrient transport, neutralises effects of sodium, helps reduce the risk of hypertension, maintains correct concentration of body fluid, pH / electrolyte balance; vegetables contain water; – needed for formation of all body fluids, prevent muscle cramps, maintain hydration, helps digestion, absorption, excretion, transport nutrients and waste products, helps to regulate body temperature, prevents fatigue, decrease risk of hypertension, decrease risk of headaches, improves brain function, keeps mucous membrane linings moist and healthy, keeps skin moist and healthy;		

Question	Answer	Marks	Guidance
8(a)	<i>ingredients that make the roux</i> butter; flour;	2	
8(b)	<i>ingredient in the sauce that makes it suitable for a person with osteoporosis</i> milk / cheese;	1	
8(c)	<i>ingredient in the sauce that makes it unsuitable for a person who is lactose intolerant</i> milk / cheese;	1	

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Question	Answer	Marks	Guidance
8(d)(i)	<i>adaptions for low cholesterol diet</i> replace butter with reduced fat butter/ light/lighter butter / spread / nut oil / avocado oil / olive oil / sunflower oil; replace Cheddar cheese with half fat / low fat cheese e.g. Mozzarella, Emmenthal, cottage cheese, ricotta / use less cheese / use strong flavour cheese and use less quantity; replace full fat milk with semi-skimmed / skimmed / low fat / plant milk;	2	Adaptations must be for two different ingredients in the recipe R low fat butter, ghee, coconut oil, margarine R reduce amount of butter / use less butter A named plant based butter / cheese / milk if palm oil / coconut oil not included in product
8(d)(ii)	<i>adaptions for high fibre diet</i> replace white flour with wholemeal / wholegrain / wholewheat / wheatmeal / oat flour; add one suitable <u>named</u> vegetable / legume / pulse to the sauce;	2	Any two adaptations R brown flour R two named vegetables
8(d)(iii)	<i>adaptations for low sodium diet</i> remove the salt / use less salt; use unsalted butter; use herbs / spices <u>in place of salt</u> ; use reduced sodium/low-sodium salt product as an alternative to replace salt; use less Cheddar cheese / use reduced salt cheese e.g. Mozzarella, Emmenthal, cottage cheese, ricotta, Paneer;	2	Any two adaptations R Himalayan salt
8(e)	<i>reasons for serving sauces with meals</i> add moisture; add nutrients; add colour / interest / visual or sensory appeal / more attractive; counteract richness; add variety; add contrasting / better / improved / different texture;	4	Any four reasons R add flavour

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Question	Answer	Marks	Guidance
8(f)	<i>bulb vegetables that could be added to change the flavour of the sauce</i> fennel; garlic; kohlrabi; leek / Kurrat (Egyptian Leek); onions red / white / spring (green / scallion); shallots; water chestnut;	3	Any three different bulb vegetables
8(g)	<i>why it is important to stir the mixture continuously when making a roux sauce</i> even distribution of all ingredients / all ingredients evenly mixed / prevent heavy starch granules sinking to the bottom / allows suspension of starch grains; to prevent starch granules sticking together / clumping / to prevent lumps / give a smooth texture / to achieve desired consistency; to prevent mixture sticking to base of pan / burning / browning; for even heating of ingredients / so sauce is well cooked; to achieve desired consistency; to allow full gelatinisation / thickening;	4	Any four reasons

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Question	Answer	Marks	Guidance
9(a)	<i>types of food that can be preserved using dehydration</i> cereals; coffee; eggs; fish; herbs; legumes; meat; milk; nuts; pulses; sauces; seeds; spices; vegetables;	3	Any three different types of food R fruit
9(b)	<i>how the process of dehydration preserves fruit</i> water from fruit is removed; microorganisms cannot multiply without water;	2	
9(c)(i)	<i>benefits of dehydrated fruits to the consumer</i> flavour of fruit improved / becomes sweeter / more concentrated / unique flavour / intense flavour; fruit becomes smaller in size so easy / lightweight to transport; easy to store / no specialised storage conditions needed; require minimal / no preparation / quick to use / used to make dishes quickly; available all year round / can be used out of season; provides a wider variety to diet / can try fruit from different countries;	4	Any four benefits

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Question	Answer	Marks	Guidance
9(c)(ii)	<i>disadvantages of dehydrated fruits to the consumer</i> appearance of fruit may change / fruit becomes wrinkled as it shrinks in size which may be unappealing to some consumers; energy / calories / sugar concentrated so not suitable for consumers who have <u>type 2</u> diabetes / needing weight management; original flavour affected/changed which may not appeal to some consumers; original texture changes/lost / fruit becomes chewy / crunchy which may not appeal to some consumers; the colour of the fruit may change / become less appealing / attractive; <u>water-soluble vitamins / vitamin C / B1 (thiamine) are lost;</u>	2	Any two disadvantages

Question	Answer	Marks	Guidance
10	<i>cleaning tasks that should be carried out in the kitchen to prevent attracting household pest</i> clean liquid spills on floor immediately / disinfect/clean/mop floors regularly; empty waste bins regularly / wash and disinfect bins regularly; hoover / sweep floor regularly to remove food particles; keep the sink / drain area clean; wash / disinfect dish cloth, tea-towels, aprons regularly; wash dishes / equipment in <u>hot soapy</u> water; wipe / clean / disinfect / sanitise food storage areas, fridge etc. regularly; wipe / clean / disinfect / sanitise surfaces, walls stove tops and any appliances used;	4	Any four tasks

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Question	Answer	Marks	Guidance
11(a)	<i>moist methods of cooking</i> braising; poach; pressure cooking; simmering; slow cooking; steaming; stewing / casseroles;	3	Any three methods R boiling, broiling A pot roasting A en papillote
11(b)	<i>safety rules to follow to reduce the risk of a scald when using moist cooking methods</i> turn kettle spouts/pan handles inwards / towards back of worktop /stove; use stove guard to prevent knocking down and scalding if person trips; use back burners when boiling pans; wear covered footwear to protect feet if water boils over; do not fill kettle / pan all the way to the top as it will bubble and over-flow when boiling; when draining boiling water from pan use moisture resistant gloves / take care not to scald face/hands with steam; do not reach over a pan that is vigorously boiling; use moisture-resistant / heat-proof gloves to remove <u>hot pan lids</u> ; use pan lids to prevent steam escaping / hot liquid spatter; do not leave boiling pans unattended as contents may boil over and cause scald; when opening microwave / steamer / lidded pan / pressure cooker keep face safe distance away to avoid escaping steam; ensure pans have flat base to they are stable on hob/burner to prevent spillage of hot liquid; lower food carefully into bot / boiling liquid to avoid splashing;	4	Any four appropriate rules

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Question	Answer	Marks	Guidance
11(c)	<i>first aid treatment for a scald</i> place affected area under running cool/cold water to stop the burning process / reduce pain / risk of blistering; if possible remove jewellery / clothing from the injured area as it may swell; <u>loosely</u> cover the scald with non-fluffy material / cling film to stop infection; do not burst any blisters as this can cause infection / scarring; do not put any creams, ointments, grease, antiseptic spray on the injury; do not cover scald with tight dressing / plasters / band-aid; do not use ice pack / ice to treat scald;	3	Three relevant procedures

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Question	Answer	Marks	Guidance
12	<i>Most households own a microwave oven.</i> <i>Discuss the benefits to a family of using a microwave oven.</i> accessories may be available such as crisping plates, steamer dishes, egg poacher – to add to versatility of processes; auto-defrost and auto-cook functions may be available which calculate the defrost and cooking times based on the weight of a particular food – this is easier and safer for the less skilled cook to use; can be used for defrosting – so safer / quicker than leaving food in fridge to defrost / saves forward planning / good for unexpected occasions; can be used on any convenient surface with a near-by electrical socket – useful if kitchen is small or can be used as portable equipment; can be used to cook convenience meals/ready meals – good for time saving and providing meals if parents busy; can be used to re-heat leftovers – economical and saves food wastage; can be used with different types of cookware e.g. glass / china / ceramics / paper / plastic – no need to buy specialist items so saves budget; can cook in microwaves without using added fat – healthier method; combination microwave ovens are available with a grill or conventional oven which allows food to brown and crisp as well as cooking quickly – safer for younger family members to use; delay start programme available which allows the oven to come on automatically at a set time of day – good for working family; easier to clean than conventional ovens / spills do not burn on to sides of oven – less time cleaning; food can be cooked and served in same dish – saves washing up;	15	Credit AVP Must demonstrate sound understanding of topic for full marks, e.g. can provide relevant explanation and / or examples for each statement can provide several benefits of using a microwave and is able to clearly explain a reason for each benefit correct terminology used where appropriate comments precise and relevant information should be presented in a clear and organised way

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Question	Answer	Marks	Guidance
12	food cooks quickly / saves time / no need to pre-heat oven as heat is instant – useful for busy people / fuel saving; food heats up but oven does not so kitchen stays cooler – more pleasant for family if eating in kitchen; less power / energy / fuel / food cooks quickly / no pre-heating of oven needed – saves money / more economical; less risk of burns than a conventional oven as cooking container remains cooler (though some heat can be transferred to dish by conduction) – safer for all members of family; many have a child lock – prevents children from accidentally starting a programme or interfering with the cooking timings; no cooking smells as food enclosed by hermetically sealed door – more pleasant for family; oven turns off automatically after set time – does not need constant attention / food will not be burnt or overcooked; simple to use / no skill needed – good for children to use unsupervised / disabled / elderly family members; there is less destruction of <u>water-soluble vitamins</u> as it cooks quickly and uses little or no cooking liquid – healthier; uses electricity to power – useful if gas bottle empty and meal required; uses normal electrical sockets – no expensive installation required; various sizes available – suit needs of big or small families / kitchens; vegetables keep colour / flavour due to short cooking time – makes them more appetising / appealing;		

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Question	Answer	Marks	Guidance
13	<i>Discuss how dietary factors may contribute to the risk of coronary heart disease (CHD).</i> <i>Discuss modifications to food choices that can be made to prevent this risk.</i> <i>dietary factor [max 7 marks]</i> malnutrition / overnutrition, obesity, high blood cholesterol, high blood pressure, and type 2 diabetes are dietary factors that lead to CHD; essential to follow a balanced diet / follow nutritional guidelines; lack of portion control, over-eating, can cause obesity, high blood cholesterol, high blood pressure, and type 2 diabetes which are dietary factors that lead to CHD; essential to have the correct amount / portion of food / have energy balance correct / to maintain a healthy body weight; eating a diet that is low in antioxidant vitamins ACE increases risk of obesity, high blood cholesterol, high blood pressure, and type 2 diabetes as these vitamins slow down the rate at which (LDL) cholesterol is deposited on the artery walls and neutralise the 'free radicals' which may damage body cells so provide protection against heart disease; eating foods that contain high levels of sugar can cause obesity, high blood cholesterol, high blood pressure, and type 2 diabetes which are dietary factors that lead to CHD; eating foods that contain high levels of sodium/salt can cause high blood pressure causing the arteries to be damaged / narrowed and more easily blocked with cholesterol which is a dietary factor that leads to CHD; eating foods that contain high levels of fat / saturated fat can cause obesity, high blood cholesterol which forms fatty deposits / plaques on artery walls which increases the risk of blood clots and blockage of the artery, high blood pressure, and type 2 diabetes which are dietary factors that lead to CHD;	15	Credit AVP Must demonstrate sound understanding of topic for full marks, e.g. covers each area within the question shows good knowledge of several dietary factors that may contribute to CHD is able to clearly explain why/how the given factors contribute to possible CHD can provide several suggestions to modify food choices for dietary factors given in order to prevent risk of CHD correct terminology used where appropriate comments precise and relevant information should be presented in a clear and organised way

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Question	Answer	Marks	Guidance
13	not eating regular meals or skipping meals can lead to snacking on high calorie foods and eating foods that are low in NSP can cause obesity, high blood cholesterol, high blood pressure, and type 2 diabetes which are dietary factors that lead to CHD; <i>modifications to food choices [9 marks max]</i> <i>sugar</i> limit consumption of processed foods, take-away and ready meals which can be high in sugar / control amount of sugar being used in the dish by making meals from scratch / when baking reduce sugar content in recipes / use artificial sweeteners, stevia or replace sugar with naturally sweet foods / when shopping read labels to check for high sugar ingredients / choose products with low sugar, sugar free, reduced sugar options / restrict and reduce sugar intake from foods such as cake, biscuits, sweets, chocolate / decrease or avoid sugary drinks, fruit juices and choose diet drinks or water; <i>salt</i> limit consumption of processed foods, take-away and ready meals which can be high in salt / control amount of salt being used in the dish by making meals from scratch / reduce total intake of salt / replace salt with low salt, reduced salt, potassium based alternatives / use herbs or spices in place of salt / do not add salt to food while cooking or at the table / when shopping buy less salty food such as stock cubes, bacon, ham, yeast extract, salted fish, salted butter; <i>fat</i>		

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Question	Answer	Marks	Guidance
13	limit consumption of processed foods, take-away and ready meals which can be high in fat / control how much and what type of fats are being used in the dish by making meals from scratch / remove visible fat from meat and skin from poultry before cooking / do not prepare or serve food with high fat sauces or dressings / change cooking methods from frying to grill, poach, steam, boil, bake, air fry / use unsaturated, monounsaturated or polyunsaturated fats rather than saturated fats / when shopping select lean white meat / replace full fat milk with semi-skimmed or skimmed / use low-fat versions of cheese, yoghurt, spreads, cream, salad dressing / avoid including too much meat in diet / have a vegan/vegetarian diet / substitute pulses for meat / include more fish especially oily fish; NSP limit consumption of processed foods, take-away and ready meals which can be low in NSP / eat foods rich in NSP to provide satiety / include more fruit in the diet / include more vegetables in the diet / when shopping reduce intake of refined carbohydrates such as white rice, pasta, bread / choose wholegrain varieties of carbohydrates / include more pulses and legumes in the diet / increase intake of fruit and vegetables that specifically contain ACE vitamins;		