

## Section B - Question 2 Past Exam Questions

### 2015

Over 85% of adults in Ireland enjoy **eggs** at least once a week, with 56% of men and 47% of women eating eggs two to three times per week. (*Bord Bia, 2014*)

- (a) Set out the results of a study you have carried out on eggs. Refer to:
- nutritional significance
  - contribution to the diet
  - properties and related culinary uses. (40)
- (b) Explain how quality is assured in egg production in order to minimise food safety risks. (10)

### 2014

'A thorough understanding of the factors which influence **meat** eating quality is imperative in order to produce a product consistently in line with consumer expectations.' (*Teagasc*)

- (a) Discuss the nutritional significance of meat in the diet. (20)
- (b) Describe each of the following:
- the factors that cause toughness in meat
  - two methods of tenderising meat. (15)
- (c) Set out details of one process used to **extend the shelf** life of meat.
- In your answer refer to:
- · name of process
  - · how the process is carried out to include the underlying principle involved
  - · the effect of the process on meat. (15)

### 2013

'Given the priority for population dietary change there is a need for a greater understanding of the determinants that affect food choice.' (*The European Food Information Council*)

- (a) Discuss the importance of **aesthetic awareness** in relation to the **choice and presentation** of food. (12)
- (b) (i) State, giving examples, when **sensory analysis** tests are used in the food industry.  
(ii) Name three main categories of sensory analysis tests and state the main purpose of the tests in each category. (26)
- (c) State the reasons why recipes may be modified / adapted. (12)

### 2012

'Almost six in ten people are aware of the "five or more a day message" but on average Irish people claim to be eating only three portions of **fruit and vegetables** a day.' (*Bord Bia*)

- (a) Discuss the options available to consumers when selecting and purchasing fruit and vegetables. (12)
- (b) Give details of the nutritional significance and the contribution to the diet of either fruit or vegetables. (20)
- (c) Give an account of **Vitamin A** under each of the following headings:
- biological functions
  - effects of deficiency
  - properties. (18)

### 2011

'**Diabetes** affects people from all walks of life, from the very young to the very old and is now considered an epidemic that is exploding across the world.' (*World Health Organisation*)

- (a) Write an informative account of diabetes. Refer to:
- types
  - symptoms
  - specific dietary requirements that should be followed in order to manage the condition. (30)
- (b) Classify artificial sweeteners and give one example of each. (12)
- (c) Outline the uses of **sweeteners** in food manufacture. (18)

## 2010

'Few Irish people consume the two portions of **fish** recommended each week. Despite being surrounded by some of the best fishing and fish in the world we are often reluctant to try this incredibly healthy food.'

Press Release – Evening Herald

(a) Evaluate the nutritional and dietetic contribution that fish makes to the diet. (20)

(b) Recommend one dry method of cooking and one moist method of cooking suitable for fish.

In relation to each method recommended:

- state the underlying cooking principle involved
- comment on the palatability of the cooked fish. (20)

(c) Identify and discuss two contemporary trends in **Irish eating patterns**. (10)

## 2009

'There can be no compromise on food safety and consumers' health has to be protected. Small businesses can produce safe food of high quality but their viability is threatened by a very competitive market place, not the cost of compliance with food safety regulations alone.' (FSAI)

(a) Discuss the role of small businesses and home enterprises within the **Irish food industry**. (16)

(b) Write a profile of an "**added value**" food you have studied. Give details of each of the following: stages of production packaging labelling. (26)

(c) Give a brief account of the role of the **Food Safety Authority of Ireland** (FSAI). (8)

## 2008

'Fruit and vegetables are highly nutritious and an essential part of the diet, however only 21% of adult men and 19% of women in Ireland are meeting the current World Health Organisation target, with young children eating even less.' (safefood)

(a) Discuss (i) the nutritional significance and (ii) the contribution to the diet of **fruit and vegetables**. (20)

(b) Suggest one method of food preservation which could be used to preserve a surplus of home-grown fruit or vegetables. Explain the underlying principle of the method of preservation you have selected. (15)

(c) Write an informative note on **food irradiation**. (15)

## 2007

"**Coronary Heart Disease (CHD)** remains the leading cause of death in Ireland accounting for over 7,000 deaths annually" (CHAIR – Coronary Heart Attack Ireland Register)

(a) Identify and elaborate on (i) the lifestyle changes and (ii) the dietary guidelines that should be followed in order to reduce the incidence of coronary heart disease. (16)

(b) Plan a day's menu for a person with coronary heart disease (CHD). Include one functional food in the menu and state a reason for its inclusion. (22)

(c) Write an informative account of **cholesterol**. (12)

## 2006

**More than one in three Irish women do not get enough calcium.**

(a) State:

(i) four possible ill-effects of a diet deficient in calcium;

(ii) the recommended dietary allowance (RDA) of calcium for (a) adults and (b) pregnant women. (18)

(b) Give details of the stages involved in the manufacture of yoghurt. (20)

(c) Outline the measures taken by the **Dairy Industry** to meet current trends in the eating patterns and lifestyles of the Irish consumer. (12)

## 2005

**Preservation** aims to ensure that the colour, flavour, texture and nutritive value of the preserved food is as near as possible to the fresh food.

*Nutritional Value of Fresh, Frozen and Canned Peas*

Nutritional information per 100g	Energy (kcal)	Protein (g)	Carbohydrate (g)	Vitamin C (mg)	Vitamin A ( $\mu$ g)	Sodium (mg)	Iron (mg)	Thiamine (mg)
Fresh peas (raw)	67	5.8	10.6	25	300	1	1.9	32
Frozen peas (raw)	53	5.7	7.2	17	300	3	1.5	32
Canned peas	47	4.6	7	8	300	230	1.6	13

- (a) Using the information in the table, comment on:
- the effects of freezing on the Vitamin C content of peas
  - the effects of canning on the Vitamin C, the Sodium and the Thiamine content of peas.
- Give one possible reason in each case. (24)
- (b) **Profile a food** of your choice that has been processed to extend the shelf life. Refer to:
- stages of production
  - packaging
  - labelling. (26)

## 2004

In Ireland during 1998 and 1999 almost 2,000 people became ill from infectious gastroenteritis, a form of **food poisoning**. The commonest sources of infections were restaurants, hotels and takeaways. Some outbreaks also occurred in private homes. (*Food Safety Authority of Ireland*).

- (a) List 5 guidelines that should be followed to ensure the safe preparation and storage of food in the home. (10)
- (b) Explain how a **Hazard Analysis Critical Control Point (HACCP)** system can benefit a catering business in the prevention of food poisoning outbreaks. (12)
- (c) Differentiate between (i) infectious food poisoning and (ii) toxic food poisoning. (8)
- (d) Name and give a detailed account of any one type of food poisoning bacteria.
- Refer to (i) sources of infection
- high-risk foods and
  - symptoms. (20)