

Examination

..... Food Technology .....
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Section	Part	Question Number
IV		29

Date

..... 10/11/11 .....
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Number of booklets  
used for this question

1/2
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### Instructions

- Write your Centre Number and Student Number at the top of this page.
- In the boxes provided write the name and date of this examination, and the number(s) of the question(s) attempted in this booklet.
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With Australia constantly developing and people having busier and more health conscious lifestyles, food manufacturers and food product developers have their work cut out. They are constantly trying to improve and benefit the customers and the general public, through convenience, and health and diet related disorders. These companies have developed foods to cater for these issues. Some products include; more low-fat and sugar free products, functional foods, more single serve meals, and healthier single served meals, and value added foods.

Firstly, the growing society has expressed a very large concern for health and diet related issues within our society. Food manufacturers and food product developers have introduced many more low fat products and sugar free products. People within the Australian society are very conscious of obesity, along with obesity can bring other diet related diseases such as high blood

pressure (hypertension) and Type 2 diabetes. So the developments within this change have been significant. Almost any food products that you buy at a supermarket will have a low fat or healthier option to choose from. For example Cruskits have the original, corn, or light cruskits to choose from. The other issue is having more sugar-free products. This is beneficial to many as Australia ~~consumes~~ consumes a ~~lot~~ very large amount of sugar each year. With the use of sugar free products customers are able to enjoy the product but with less or no sugar involved. For example, Cottee's cordial have a regular and a sugar free range, for those who are more health conscious but still want to enjoy the great taste.

Functional foods is another improvement that has been made many more food have extra nutrients ~~added to them~~ (vitamins and minerals)

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added to them. The reason this is occurring is because many people do not get the Recommended dietary intake of some nutrients. So placing these added vitamins nutrients in regular foods helps to boost the intake of these nutrients without ~~the~~ the consumer having to worry as much about getting the ~~pro~~ nutrient from another source. It also due to convenience. For example, bread that has added Omega 3, and iron.

More Single serve meals are becoming more popular within our growing society. There is a very large increase of smaller family size and single male households. Food manufacturers and food product developers have developed foods that are healthier for the consumer but also making it more convenient to them by as these healthier meals come in single serves. For example, Healthy choice single serve meals in the

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freezer section of the supermarket. The reason for this is because many single males work longer hours and don't have time to plan and prepare healthy and nutritious foods. So the lifestyle changes that have occurred is smaller family size and more single men households.

Value added foods are foods that have undergone further processing to provide convenience to customers. Food product developers have found that ~~there are~~ many families now have both parents that work longer hours. Most of the time preparing and planning meals becomes time consuming and difficult. So value added foods have been developed for those families who don't have as much time ~~time~~ to plan and prepare healthy and nutritious meals. Some examples of value added foods are already marinated chicken from a supermarket. This is more beneficial and convenient to

the consumer because they don't have to make a marinade and leave the chicken to marinate for long hours. It's just all ready to be cooked as soon as the chicken has been brought home from the shop. Another is vegetables such as carrots already being made into matchsticks to allow a convenience is spending less time in the kitchen.

So to close, although Australia's population has changed through lifestyle and household structures as well as being more aware of health and diet-related issues, food manufacturers and food product developers have found ways to improve problems associated with these issues. They have found them through low-fat, ~~now~~ and sugar free products, functional foods, single serve meals, convenience and value added foods. So food manufacturers and food product developers have definitely responded to these societal changes accordingly.

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