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Write your **student number** in the boxes above.

Letter

Food Studies

Question and Answer Book

VCE Examination – Monday 18 November 2024

- Reading time is **15 minutes**: 9.00 am to 9.15 am
- Writing time is **1 hour 30 minutes**: 9.15 am to 10.45 am

Materials supplied

- Question and Answer Book of 24 pages
- Multiple-Choice Answer Sheet

Instructions

- Follow the instructions on your Multiple-Choice Answer Sheet.
- At the end of the examination, place your Multiple-Choice Answer Sheet inside the front cover of this book.

Students are **not** permitted to bring mobile phones and/or any unauthorised electronic devices into the examination room.

Contents	pages
Section A (20 questions, 20 marks)	2–6
Section B (8 questions, 70 marks)	8–22

Section A – Multiple-choice questions

Instructions

- Answer **all** questions in pencil on your Multiple-Choice Answer Sheet.
 - Choose the response that is **correct** or that **best answers** the question.
 - A correct answer scores 1; an incorrect answer scores 0.
 - Marks will **not** be deducted for incorrect answers.
 - No marks will be given if more than one answer is completed for any question.
-

Question 1

What is the main role of the salivary glands in digestion?

- A. to help in the chemical breakdown of food
- B. to help in the mechanical breakdown of food
- C. to regulate pH levels of food
- D. to produce the enzyme protease

Question 2

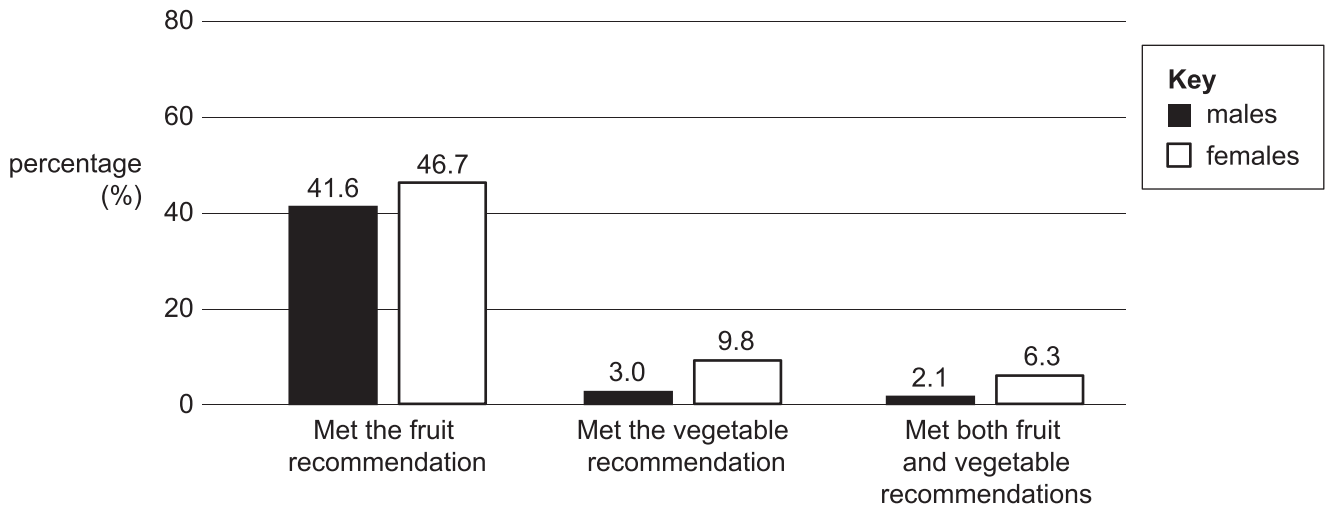
What is the primary function of the small intestines in digestion?

- A. breakdown of carbohydrates
- B. breakdown of fats
- C. absorption of nutrients
- D. excretion of waste

Question 3

Question 3 relates to the information in the following chart.

Proportion of adults who met the fruit and vegetable recommendations by sex, 2022



Source: <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/dietary-behaviour/latest-release>

Which of the following statements is true according to the data above?

- A. Three per cent of males consumed the recommended serves of vegetables.
- B. Both males and females consumed at least three more serves of fruit than vegetables.
- C. Male dietary behaviours were closely aligned to the recommendations of the 'Australian Guide to Healthy Eating'.
- D. Female dietary behaviours were closely aligned to the recommendations of the 'Australian Guide to Healthy Eating'.

Question 4

A food allergy is caused by

- A. repeated overexposure to allergen-causing proteins.
- B. the immune system misidentifying an allergen as foreign.
- C. a chemical reaction causing swelling after consuming an allergen.
- D. lack of an enzyme or chemical needed for digestion.

Question 5

Which of the following are early onset symptoms typically associated with an egg allergy?

- A. skin rash and runny nose
- B. flatulence and vomiting
- C. cramping and joint pain
- D. bloating and changes in bowel habits

Question 6

Which of the following activities within a food system best describes an ethical consideration?

- A. buying eggs from a neighbour
- B. buying fair-trade food at the supermarket
- C. buying groceries online for home delivery
- D. buying discounted foods close to their use-by date

Question 7

What dietary change is typically recommended for individuals with a gluten intolerance?

- A. increasing intake of foods high in wheat proteins
- B. eliminating intake of foods high in wheat proteins
- C. increasing intake of foods high in whole grains
- D. eliminating intake of foods high in whole grains

Question 8

The environmental sustainability of primary food production can be impacted by the culling of chickens due to biosecurity risks such as bird flu because

- A. it wastes valuable resources necessary for producing food.
- B. it increases domestic competition by requiring imported meat.
- C. it reduces the amount of poultry for sale.
- D. risk management procedures are cost-effective but time-consuming.

Question 9

How may the outbreaks of bird flu reported at free-range chicken farms and the consequent culling of chickens impact egg sales in Australia?

- A. The cost of free-range eggs could decrease.
- B. Supermarkets will only stock eggs that can be refrigerated.
- C. The availability of free-range eggs in supermarkets will be reduced.
- D. Egg sales would not be affected.

Question 10

Which of the following statements best describes the sensory appreciation of food?

- A. the predisposition to dislike particular flavours
- B. the regulation of portion size due to hunger cues
- C. the regulation of foods that are high in sugar
- D. the ability to recognise different textures of food

Question 11

Access to culturally appropriate food can be a barrier to emergency food relief. Which dimension of food security does this relate to most?

- A. adequacy
- B. availability
- C. accessibility
- D. acceptability

Question 12

Regulation of child-targeted television food advertising in Australia is an example of what type of influence on food systems?

- A. social
- B. political
- C. economic
- D. technological

Question 13

What is the purpose of a nutrition content claim on food packaging?

- A. to highlight to consumers the main nutrients present in a food product
- B. to mandate when nutrient levels in a food product meet certain criteria
- C. to inform about a nutrient or substance in food and how it relates to health effects
- D. to provide a voluntary statement about the content of certain nutrients or substances in food

Question 14

How does gut microbiota influence physical health?

- A. It increases the ability to handle stress.
- B. It enhances mental clarity and focus.
- C. It regulates the immune system.
- D. It produces chemicals that help regulate mood in the brain.

Question 15

Which of the following statements best represents environmental sustainability in regard to the consumption of traditional Aboriginal foods?

- A. Food is seasonal and eaten at the time it is available.
- B. Aboriginal foods are nutrient-dense and rich in macronutrients.
- C. The processing of these foods occurs to guarantee food supply.
- D. Traditional Aboriginal diets show diversity.

Question 16

Which of the following statements is best explained by the process of conditioning of appetite?

- A. A person likes the taste of coffee.
- B. A person feels very hungry when they wake up in the morning.
- C. A person feels very thirsty when they wake up in the morning.
- D. A person feels they need a cup of coffee when they sit down for their regular morning break.

Question 17

Which strategy is most likely to make fresh foods more affordable and accessible to families?

- A. increasing taxes on fresh produce
- B. increasing the cost of processed food production
- C. expanding community-supported gardening programs
- D. limiting the availability of fresh produce in grocery stores

Question 18

Which of the following demonstrates a relationship between a current food system and personal behaviour that encourages sedentary behaviour?

- A. junk food being frequently advertised and often more affordable than minimally processed foods
- B. government regulation of fast food advertising
- C. foods that advertise performance enhancing claims
- D. foods that are designed to be consumed in front of screens

Question 19

Which of the following is a key principle of a credible source in scientific research?

- A. The source is published by a popular media outlet.
- B. The source provides peer-reviewed information.
- C. The source includes anecdotal evidence and personal opinions.
- D. The source is authored by someone with a strong social media presence.

Question 20

Which of the following statements best describes activities in the media and marketing component of a food system?

- A. creating new and innovative food products
- B. purchasing irregular-shaped fruit and vegetables in the supermarket
- C. sharing pictures of foods produced in the home through online platforms in a paid partnership
- D. selling foods at a farmers' market

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Examination continues on the next page.

Section B

Instructions

- Answer **all** questions in the spaces provided.
- Write your responses in English.

Question 1 (14 marks)

Use the following information to answer parts a–c.

The Australian Chicken Meat Industry Sustainability Framework (the Framework) was developed by an Australian research organisation and the Australian Chicken Meat Federation in consultation with key stakeholders in the food system such as farmers and consumers.

The aims of the Framework are to promote a successful Australian chicken meat industry that improves the health of the chickens, planet, people and communities.

The table below provides examples of key priorities for the planet and communities.

Theme	Priorities
Planet	<ul style="list-style-type: none"> • Minimise waste to landfill and encourage material reuse and recycling, such as composting of straw used in bedding for chickens • Invest in new approaches and technologies, such as more water-efficient cooling methods on farms
Communities	<p>Support food security and economic resilience by</p> <ul style="list-style-type: none"> • maximising the value and affordability of chicken meat in the Australian market • providing consumers with a reliable, consistent and ongoing supply of quality and nutritious food.

Source: Adapted from <https://agrifutures.com.au/wp-content/2024/08/24-131-australian-chicken-meat-industry-sustainability-framework.pdf>

- a. Use the priorities in the table to describe two concerns relating to the environmental sustainability of chicken production.

4 marks

Concern 1: _____

Concern 2: _____

- b.** Discuss the relationship between food consumption and the personal and social behaviours of retirees, focusing on **one** pattern that may encourage overconsumption of food.

3 marks

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Question 3 (10 marks)

The environmental impact of zero packaging for food products may be as detrimental as the effects of using, disposing of, or recycling the materials used to create traditional plastic packaging.

Source: Adapted from Australian Food and Grocery Council <afgc.org.au>

- a. Provide **one** advantage and **one** disadvantage related to packaging type. A response may only be used once.

4 marks

Use of zero packaging	Use of traditional food packaging
Advantage: <hr/> <hr/> <hr/>	Advantage: <hr/> <hr/> <hr/>
Disadvantage: <hr/> <hr/> <hr/>	Disadvantage: <hr/> <hr/> <hr/>

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Question 4 (6 marks)**Recommended daily number of serves of lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans**

Age range	Recommended number of serves
4–8 years old	1½
14–18 years old	2½

Source: <https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serves-children-adolescents-and-toddlers>

- a. Explain why a four-year-old child requires a different number of serves of the 'lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans' food group than a 16-year-old adolescent does.

3 marks

- b. Using the nutritional rationale of the 'Australian Guide to Healthy Eating' (part of the 'Eat for Health' program), explain why nuts are grouped with the 'lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans' food group.

3 marks

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Question 5 (7 marks)

Australian native foods are linked to spiritual connection, identity, ceremonies and rituals, and are a vehicle to transmit traditional knowledge. Different Aboriginal groups across Australia apply their knowledge to add value to raw products, attending to the market's requirements and providing job opportunities for these communities.

Source: Adapted from Lopes, C. V. A., et al., (2023). 'Aboriginal Food Practices and Australian Native Plant-Based Foods: A Step toward Sustainable Food Systems', *Sustainability*, 15(15), 11569 <<https://www.mdpi.com/2071-1050/15/15/11569>>; licensed CC-BY 4.0 <<https://creativecommons.org/licenses/by/4.0/>>

- a. Explain how the social role of Australian native foods can promote connectedness. 2 marks

- b. Explain how the social role of Australian native foods can promote identity within Aboriginal groups. 2 marks

- c. Aboriginal representation in the Australian food system is less than 1% according to an ongoing research project.

Source: Adapted from Lopes, C. V. A., et al., (2023). 'Aboriginal Food Practices and Australian Native Plant-Based Foods: A Step toward Sustainable Food Systems', *Sustainability*, 15(15), 11569 <<https://www.mdpi.com/2071-1050/15/15/11569>>; licensed CC-BY 4.0 <<https://creativecommons.org/licenses/by/4.0/>>

Explain **one** ethical concern Australian food consumers may have in relation to Australian native foods and how this concern may affect individual food choices. 3 marks

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- b. A group of local residents protests to the council about the building of another fast-food outlet.

Explain the role of consumer activism as a political influence on food systems and its impact on food choices.

2 marks

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