TASMANIAN ASSESSMENT, STANDARDS & CERTIFICATION

External Assessment 2026

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# FOOD AND NUTRITION

FDN315118

## Section A

Pages: 16

Questions: 7

**Preparation time for this exam:** 15 minutes

**Suggested working time:** 45 minutes

**Instructions:**

- There are **two (2) parts** to this section:
  - **Part 1** – answer **all** questions and **all** items within each question
  - **Part 2** – answer **one (1)** question.
- Write your answers in the spaces provided in this exam paper.
- The exam is **three (3) hours** in length. The suggested working time is provided in the instructions for each part.
- All answers must be written in **English**.
- You **must** make sure your answers address the listed criterion.

| Marker use | |
|---|---|
| C4 | / 45 |

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# Guide to Exam Structure

| | Parts | Questions available | Questions to answer | Suggested working time | Marks available |
|---|---|---|---|---|---|
| Section A | Part 1 | 6 | 6 | 25 minutes | 25 marks |
| | Part 2 | 1 | 1 | 20 minutes | 20 marks |
| Section B | Part 1 | 1 | 1 | 25 minutes | 25 marks |
| | Part 2 | 1 | 1 | 20 minutes | 20 marks |
| Section C | | 2 | 1 | 45 minutes | Extended ratings of A+ to z |
| Section D | Part 1 | 3 | 3 | 10 minutes | 10 marks |
| | Part 2 | 1 | 1 | 35 minutes | 35 marks and A+ to z |
| **Totals** | | **15** | **14** | **180 minutes (3 hours)** | **135 marks and A+ to z rating** |

# Criterion

You **must** make sure your answers address:

- Criterion 4 describe the relationship between nutrition, food and health.

# Part 1

Marker use

- Answer **all** questions in this part.
- This part is worth 25 marks. The suggested working time for this part is **approximately 25 minutes**.
- This part assesses **Criterion 4**.

**Question 1**

a) State the **three (3)** macronutrients and state **one (1)** function for each, other than providing energy, in Table 1.

/3

| Macronutrient | Function |
|---|---|
| 1. | |
| 2. | |
| 3. | |

*Table 1*

b) Which macronutrient has the highest energy density? Provide the energy density in kJ/g with your answer.

/0.5

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**Question 1 continues**

Marker use

c) Outline the difference between monosaccharides and polysaccharides. Include at least **one (1)** form of each type in your response. /2

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d) Provide **two (2)** food sources that are high GI. /1

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**Question 2**

Marker use

a) Outline **two (2)** reasons why water is the preferred drink of choice for health compared to other beverages. /2

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b) List **two (2)** dietary sources of water. /1

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c) Explain **one (1)** factor that may influence someone's water intake. /2

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**Question 3**

Marker use

a) What are essential amino acids and why do we need them? /2

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b) Provide an example of how a vegetarian can obtain all essential amino acids from a meal. /1

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c) Outline a consequence of excess protein other than being stored as fat. /1

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**Question 4**

Marker use

a) Outline **one (1)** way to preserve the nutritive value of food, stating which type of nutrient is preserved in your answer. /1

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b) In Table 2, identify **one (1)** fat soluble vitamin. Include a function of this vitamin and a food source. /1.5

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| Fat soluble vitamin: | |
| Function: | |
| Food source: | |

*Table 2*

**Question 5**

a) Outline a function of calcium in the body. /1

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b) Outline a consequence of iodine deficiency. /1

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**Question 5 continues**

**Question 5 continued**

Marker use

c) Identify **two (2)** food sources for potassium. /1

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**Question 6**

a) Discuss the difference between nutrients and non-nutrients. /2

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b) What are phytoestrogens? Provide **one (1)** benefit of including these in your diet. /1

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c) Provide **two (2)** rich food sources of phytoestrogens. /1

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**Total P1**

/25

# Part 2

Marker use

- Answer **the** question in this part.
- This part is worth 20 marks. The suggested working time for this part is **approximately 20 minutes**.
- This part assesses **Criterion 4**.

**Question 7**

a) Define Type-2 diabetes and provide **one (1)** statistic to show its prevalence in Australia. /4

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b) Outline how Type-2 diabetes can increase the risk of cardiovascular disease. /2

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**Question 7 continues**

Marker use

c) Outline **two (2)** dietary risk factors that can increase the risk of developing cardiovascular disease. /2

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d) Define atherosclerosis and describe the relationship between dietary fats and cholesterol contributing to its prevalence. /6

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Marker use

e) Explain why increasing the consumption of whole grain foods can help in the prevention of cardiovascular disease.

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f) Outline **one (1)** food-related health promotion strategy that can help prevent overweight and obesity. Include how the strategy aims to prevent these conditions.

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**Total P2**

/20

End of Section A

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# FOOD AND NUTRITION

FDN315118

## Section B

Pages: 16

Questions: 2

**Suggested working time:** 45 minutes

**Instructions:**

- There are **two (2) parts** to this section:
  - **Part 1** – answer **one (1)** question
  - **Part 2** – answer **one (1)** question.
- Write your answers in the spaces provided in this exam paper.
- The exam is **three (3) hours** in length. The suggested working time is provided in the instructions for each part.
- All answers must be written in **English**.
- You **must** make sure your answers address the listed criterion.

| Marker use | |
|---|---|
| C5 | / 45 |

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# Guide to Exam Structure

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|---|---|---|---|---|---|
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| Section B | Part 1 | 1 | 1 | 25 minutes | 25 marks |
| | Part 2 | 1 | 1 | 20 minutes | 20 marks |
| Section C | | 2 | 1 | 45 minutes | Extended ratings of A+ to z rating |
| Section D | Part 1 | 3 | 3 | 10 minutes | 10 marks |
| | Part 2 | 1 | 1 | 35 minutes | 35 marks and A+ to z rating |
| **Totals** | | **15** | **14** | **180 minutes (3 hours)** | **135 marks and A+ to z rating** |

# Criterion

You **must** make sure your answers address:

- Criterion 5 analyse diets using Nutrient Reference Values and recognised food selection tools.

# Part 1

- Answer **the** question in this part.
  - Refer to the data provided below in your answers for this part.
- This part is worth 25 marks. The suggested working time for this part is **approximately 25 minutes**.
- This part assesses **Criterion 5**.

**Section B Data**

**Gigi's Dietary Analysis Profile**

| | |
|---|---|
| Age | 30 |
| Sex | Female |
| Weight | 90kg |
| Height | 1.65m |
| Physical Activity Level | Light activity level |
| BMR | 6,598kJ |
| EER | 10,557kJ |
| Energy intake | 12,886kJ |

**Gigi's typical eating pattern over one day**

**Breakfast**

| | |
|---|---|
| Pancake, sweet, plain, white flour, commercial | **3 large pancakes** |
| Syrup, golden | **1 tb** |
| Raspberries, fresh | **0.5 cup** |
| Milkshake, chocolate flavour, full cream milk, no ice cream | **350ml** |

**Morning tea**

| | |
|---|---|
| Coffee, cappuccino, caffeinated, double shot, full cream milk | **100ml** |
| Hot cross bun | **1 bun, 84g** |

**Lunch**

| | |
|---|---|
| English muffin, white, toasted | **1 muffin** |
| Cheese, cheddar, processed, other | **2 sandwich size slice** |
| Bacon, shortcut, fried, canola oil | **1 rasher** |
| Sauce, tomato, commercial, regular | **1 tb** |
| Coca-Cola | **250ml** |

**Afternoon tea**

| | |
|---|---|
| Coles Chocolate Fudge Brownie | **2 small slices** |

**Dinner**

| | |
|---|---|
| Beef flavoured noodles, instant | **140g** |
| Chicken tenders, fried | **3 tenders** |

*Figure 1: An example of Gigi's daily diet.*

**Section B data continues**

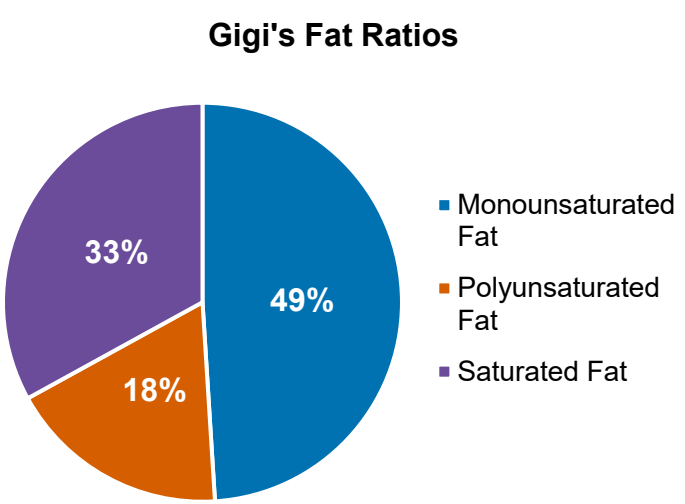



*Figure 2: Pie chart of Gigi's fat ratios.*

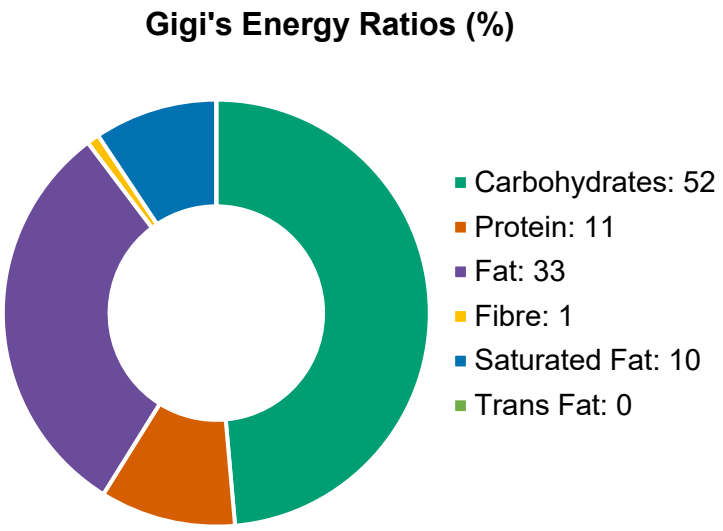



*Figure 3: Pie chart of Gigi's energy ratios.*

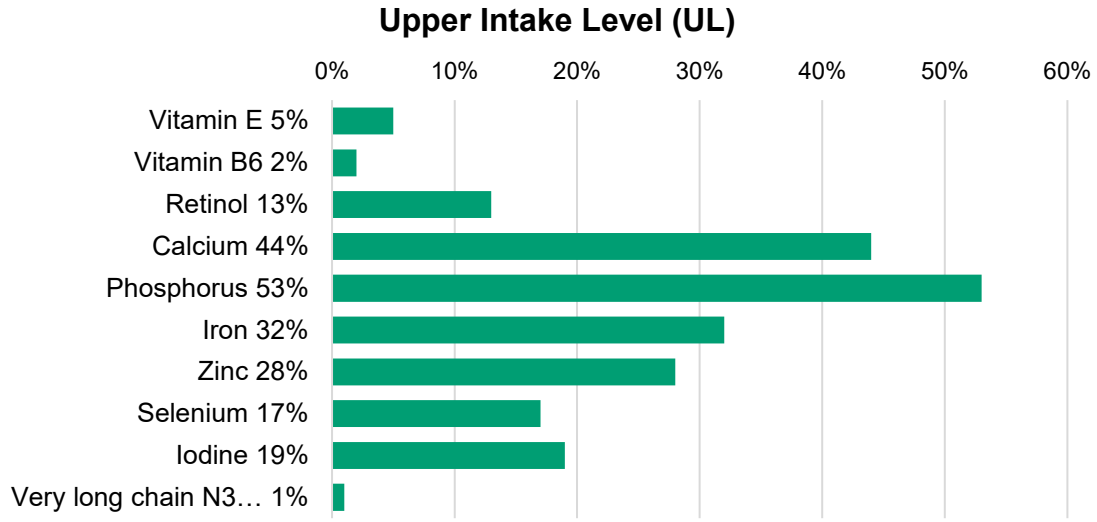



*Figure 4: Bar chart of upper intake level.*

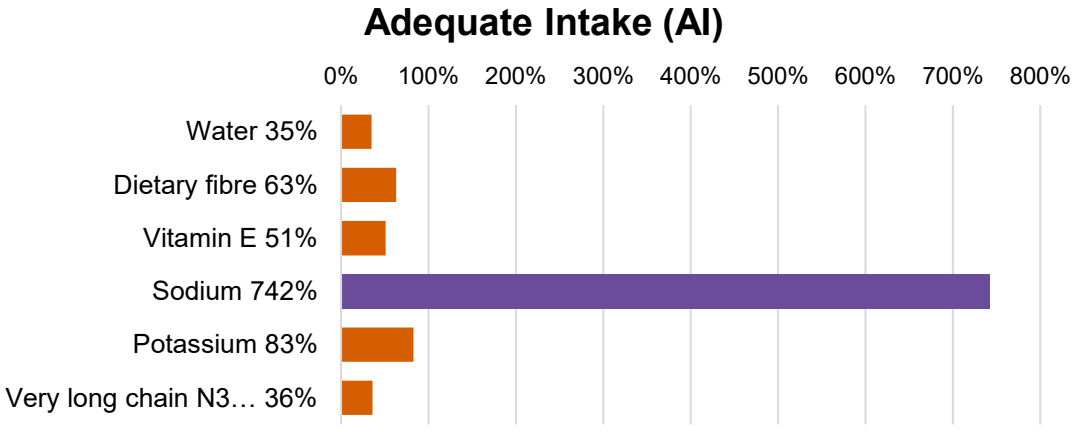



*Figure 5: Bar chart of adequate intake.*

**Section B data continues**

**Estimated Average Requirement (EAR) for Gigi**

| | Avg/Day | EAR | EAR (%) |
|---|---|---|---|
| **Calcium (mg)** | 1094.77 | 840 | 130 |
| **Magnesium (mg)** | 457.75 | 255 | 180 |
| **Protein (g)** | 82.37 | 54 | 153 |
| **Zinc (mg)** | 11.28 | 6.5 | 174 |
| **Iron (mg)** | 14.62 | 8 | 183 |
| **Vitamin B6 (by analysis) (mg)** | 0.99 | 1.1 | 90 |
| **Vitamin C (mg)** | 19.71 | 30 | 66 |
| **Total Vitamin A equivalents (µg)** | 473.96 | 500 | 95 |
| **Riboflavin (mg)** | 1.29 | 0.9 | 143 |
| **Selenium (µg)** | 69.49 | 50 | 139 |
| **Iodine (µg)** | 206.23 | 100 | 206 |
| **Phosphorus (mg)** | 2,128.06 | 580 | 367 |
| **Thiamin (mg)** | 2.21 | 0.9 | 246 |
| **Niacin equivalents (mg)** | 33.16 | 11 | 301 |
| **Folate, total DFE (µg)** | 685.55 | 320 | 214 |
| **Vitamin B12 (µg)** | 3.42 | 2 | 171 |
| **EnergyDF (kJ)** | 12,806 | 10,557 | 121 |

*Figure 6: Table of the estimated average requirement (%) of various nutrients.*

**Recommended Dietary Intakes (RDI) for Gigi**

| | Avg/Day | RDI | RDI (%) |
|---|---|---|---|
| **Calcium (mg)** | 1,094.77 | 1,000 | 109 |
| **Vitamin B6 (by analysis) (mg)** | 0.99 | 1.3 | 76 |
| **Riboflavin (mg)** | 1.29 | 1.1 | 117 |
| **Phosphorus (mg)** | 2,128.06 | 1,000 | 213 |
| **Thiamin (mg)** | 2.21 | 1.1 | 201 |
| **Protein (g)** | 82.37 | 67.5 | 122 |
| **Folate, total DFE (µg)** | 685.55 | 400 | 171 |
| **Iron (mg)** | 14.62 | 18 | 81 |
| **Niacin equivalents (mg)** | 33.16 | 14 | 237 |
| **Vitamin C (mg)** | 19.71 | 45 | 44 |
| **Selenium (µg)** | 69.49 | 60 | 116 |
| **Iodine (µg)** | 206.23 | 150 | 137 |
| **Magnesium (mg)** | 457.75 | 310 | 148 |
| **Zinc (mg)** | 11.28 | 8 | 141 |
| **Total vitamin A equivalents (µg)** | 473.96 | 700 | 68 |
| **Vitamin B12 (µg)** | 3.42 | 2.4 | 143 |
| **EnergyDF (kJ)** | 12,806 | 10,557 | 121 |

*Figure 7: Table of recommended dietary intakes (%) of various nutrients.*

**Question 8**

Marker use

a) Calculate Gigi's BMI and state which classification category this corresponds with. /1

BMI number: .....

BMI classification: .....

b) Consider Gigi's BMI, energy intake and level of activity and discuss the impact on her health if her current eating pattern was to continue over a long period of time. Refer to energy balance in your answer. /4

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c) Is Gigi's intake of protein sufficient to meet her physiological needs? Justify your response by using data in your answer. /2

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**Question 8 continues**

Marker use

d) How do Gigi's ratios of polyunsaturated, monounsaturated and saturated fats compare with the recommendations for health? What is a possible health consequence for Gigi? /4

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e) Discuss Gigi's intake of fibre. Referring to her food intake, outline the features of her current diet which might explain why her intake of fibre is at this level. /3

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**Question 8 continues**

Marker use

f) Identify **one (1)** micronutrient for which Gigi's intake is most likely **adequate**. Use data to justify your answer. /2

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g) Provide **two (2)** examples of foods that are high in sodium in Gigi's diet. /1

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h) Is Gigi's intake of iron sufficient? Justify your answer with data. /2

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i) Identify and explain **one (1)** potential consequence of Gigi's iron intake level if this continued over time. /2

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j) Explain the interrelationship between iron and vitamin C. Use data in your response. /2

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k) Gigi's intake of folate is 171% of the RDI. Is this level of excess likely to cause adverse health effects? Justify your response. /2

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**Total P1**

/25

# Part 2

Marker use

- Answer **the** question in this part.
  - Refer to the data provided in Part 1 in your answers to Part 2.
- This part is worth 20 marks. The suggested working time for this part is **approximately 20 minutes**.
- This part assesses **Criterion 5**.

**Question 9**

a) Based on the Australian Dietary Guidelines, how many serves of fruit should Gigi be consuming daily? /1

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b) How many serves of fruit is Gigi currently consuming? /1

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c) List **three (3)** benefits of increasing vegetable intake. /3

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d) Gigi is currently getting 0 serves of vegetables. Provide specific meal swaps that increase her vegetable intake to the recommended number of serves to meet Australian Dietary Guideline 2. /6

i. Breakfast:

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**Question 9 continues**

Marker use

ii. Lunch:

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iii. Dinner:

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e) Suggest **two (2)** specific ways that Gigi could incorporate more food sources from the lean protein food group into her diet to achieve 2.5 serves. /2

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f) Define Australian Dietary Guideline 3. Is Gigi meeting this guideline? Justify your answer. /2

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**Question 9 continues**

**Question 9 continued**

Marker use

g) Identify **two (2)** discretionary foods from Gigi's diet.

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h) Provide a nutritious swap for **one (1)** of the discretionary foods from Gigi's diet.

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i) Explain **two (2)** reasons why it is important to eat a variety of foods from all food groups.

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**Total P2**

/20

End of Section B

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# FOOD AND NUTRITION

FDN315118

## Section C

Pages: 12

Questions: 2

**Suggested working time:** 45 minutes

**Instructions:**

- Answer **one (1)** question in **extended written response**.
- Write your answers in the spaces provided in this exam paper.
- The exam is **three (3) hours** in length. The suggested working time for this section is **approximately 45 minutes**.
- All answers must be written in **English**.
- You **must** make sure your answers address the listed criteria.

| Marker use | |
|---|---|
| C2 | / Alpha |
| C8 | / Alpha |

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| Section B | Part 1 | 1 | 1 | 25 minutes | 25 marks |
| | Part 2 | 1 | 1 | 20 minutes | 20 marks |
| Section C | | 2 | 1 | 45 minutes | Extended ratings of A+ to z |
| Section D | Part 1 | 3 | 3 | 10 minutes | 10 marks |
| | Part 2 | 1 | 1 | 35 minutes | 35 marks and A+ to z |
| **Totals** | | **15** | **14** | **180 minutes (3 hours)** | **135 marks and A+ to z rating** |

# Criteria

You **must** make sure your answers address:

- Criterion 2 communicate ideas and information in a variety of forms
- Criterion 8 identify and analyse food related issues.

- Answer **one (1)** question in an extended written response, either Question 10 **OR** Question 11.
  - Communicate ideas and information in the form of an extended written response.
  - Use structured paragraphs and sentences. These must be written in a logical, coherent manner, using specialised terminology and appropriate English grammar.
  - Provide clear and reasoned arguments supported by examples.
- The suggested working time for this section is **approximately 45 minutes**.
- This section assesses **Criteria 2** and **8**.

---

**Question 10**

Write an extended written response (essay format) that addresses the following:

- Define Ecological Sustainability.
- Outline all stages of the food system, including a discussion of at least **one (1)** environmental impact at each stage.
- Discuss **two (2)** barriers to achieving Ecological Sustainability. Include statistics as supporting evidence in your discussion.
- Describe and evaluate **two (2)** strategies that can be implemented to address the barriers discussed.

**OR**

**Question 11**

Write an extended written response (essay format) that addresses the following:

- Define Food Security.
- Discuss **one (1)** group of people that have an increased risk of experiencing Food Insecurity. Include **two (2)** statistics as supporting evidence in your discussion.
- Discuss **two (2)** barriers that are preventing Food Security from being achieved.
  In your discussion, **one (1)** barrier should be for Australia and **one (1)** barrier for a developing country of your choice.
- Describe and evaluate **one (1)** strategy that addresses either of the barriers previously discussed. Outline which component(s)/pillar(s) of Food Security are achieved through this strategy in your response.

Question Number:

Write the question number you are answering in the box.

Marker use

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End of Section C

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# FOOD AND NUTRITION

FDN315118

## Section D

Pages: 12

Questions: 4

**Suggested working time:** 45 minutes

**Instructions:**

- There are **two (2) parts** to this section:
  - **Part 1** – answer **all** questions and **all** items within each question
  - **Part 2** – answer **one (1)** question.
- Write your answers in the spaces provided in this exam paper.
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- All answers must be written in **English**.
- You **must** make sure your answers address the listed criteria.

| Marker use | |
|---|---|
| C2 | / Alpha |
| C6 | / 45 |

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| | Part 2 | 1 | 1 | 35 minutes | 35 marks and A+ to z |
| **Totals** | | **15** | **14** | **180 minutes (3 hours)** | **135 marks and A+ to z rating** |

# Criteria

You **must** make sure your answers address:

- Criterion 2 communicate ideas and information in a variety of forms
- Criterion 6 analyse factors affecting food choice.

# Part 1

Marker use

- Answer **all** questions in this part.
- This part is worth 10 marks. The suggested working time for this part is **approximately 10 minutes**.
- This part assesses **Criterion 6**.

**Question 12**

Discuss **one (1)** way that marketing companies target people's self-concept to influence food choice. Outline self-concept and refer to a specific food and/or beverage example in your response.

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**Question 13**

Marker use

96% of Australians do not meet the recommended minimum serves for daily fruit and vegetable consumption (AIHW, 2022). Discuss **one (1)** food choice factor that may contribute to low intake of fruit and vegetables. Use food examples to support your answer.

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**Question 14**

Resources such as time, money, cooking equipment and skills can influence food choices. Explain how **two (2)** of these factors impact on food selection. Provide food examples in your response.

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**Total P1**

/10

# Part 2

- Answer **the** question in this part.
- This part is worth 35 marks. The suggested working time for this part is **approximately 35 minutes**.
- This part assesses **Criteria 2** and **6**.

**Question 15**

Rhiannon (19), Millie (20), Viv (21) and Juni (21) are all living together in a share house in central Hobart.

- Rhiannon has moved from rural Tasmania to Hobart city. She is studying a degree in health promotion and loves to get out into the garden patch at the share house when she has the time. Rhiannon has recently been diagnosed with coeliac disease and is struggling to navigate which meals to eat in the share house. Rhiannon attends the local farmers market every Sunday.
- Millie is a talented soccer player and loves being physically active. She trains three (3) times a week and has a soccer game on the weekends. After weekend games, she and her teammates get a bite to eat at a nearby sandwich shop. Millie has been feeling fatigued lately and suspects she may be lacking iron.
- Viv has a full time job as an administrative clerk at a law firm in Hobart city. He works long hours and sits for long periods of time. Viv tries to pre-prepare his meals for work, but finds that sometimes he is too busy. He works up quite an appetite at work. There are plenty of food stores close by.
- Juni has just moved from Malaysia. He loves his new home in Hobart, but is really missing his family and culture. Juni values spending time with others over a meal and wants to cook for everyone within the share house. Juni is of Muslim faith.

**Identify and discuss** food choice factors which would influence the food choices of each housemate individually. Ensure that you:

- **discuss** each housemate
- **discuss** a broad range of relevant factors including physiological, psychological, social, and economic factors affecting food choice
- **include** specific likely food choices in your discussion
- **identify** and **explain** at least **one (1)** interrelationship between food choice factors.

Marker use

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# Acknowledgements

**Sources:**

**Question 13**

Australian Institute of Health and Welfare. (n.d.). *Diet*. *AIHW*. https://www.aihw.gov.au/reports/food-nutrition/diet

End of Section D




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