

2012 Section B Q2

(a) Discuss the options available to consumers when selecting and purchasing fruit and vegetables.

When consumers are purchasing fruit and veg today there is a wide variety of choice including fruit and veg not in season e.g. strawberries all year not just in summer, or exotic fruits e.g. kiwis.

Fruit and veg can be bought in different forms e.g. canned or frozen. These will cater to consumers needs and be more convenient.

Fruit and veg can be bought solo or in packets – netted. This can reduce waste and consumers can choose each item of choice.

They can buy fruit and veg already prepared e.g. fruit salad etc. This is very convenient for consumers.

(b) Give details of the nutritional significance and the contribution to the diet of either fruit or vegetables.

Veg:

Protein – Pulses provide large amounts of protein. This helps repair and form cells.

Fat – Veg doesn't provide fat except polyunsaturated fat in soya beans and olives. These are a good source of energy.

Carbohydrates – Fibre is provided from the skins which prevents bowel disorders. Potatoes are a good source of starch which provides a good energy supply.

Vitamins – A, B group, C is provided by leafy greens, peppers, potatoes etc. preventing rickets, night blindness and promoting healthy hair and skin.

Minerals – A small source of calcium and iron comes from leafy greens, root veg and pulses. This is good for strong bones and teeth as well as preventing anemia in teenage girls.

Fruit:

Protein – Trace amounts of LBV protein.

Fat – Only found in avocados, therefore fruit is good for low calorie diets.

Carbohydrates – Forms of sugar, starch, cellulose. Sugar is present in all fruit which is good for energy as snack food.

Vitamins – Orange/red fruit are good sources of Vitamin A, preventing night blindness and promoting good membranes.

Minerals – Bananas are a good source of potassium for normal growth and building muscle.

Water – Lots of water present in fruit, prevents dehydration.

A lot of people overeat and snack on unhealthy foods e.g. crisps which are high in fat, salt and sugar. Over-consumption of these foods leads to obesity. People should eat healthier foods like nuts and fruit as snacks.

People's portion sizes are a big factor of the prevalence of obesity today. Some people's portion sizes nowadays can be too big. Recommended portion sizes should be used to provide the correct amount of food that is needed by the person. If not they can overeat, causing obesity.

Give an account of Vitamin A under each of the following headings: Biological Functions, Effects of Deficiency and Properties.

Vitamin A – There are two types of vitamin A, retinol and beta-carotene.

Biological functions: Vitamin A has a role in growth and development, the immune system as well as vision. Vitamin A is important especially in children to prevent poor child growth. It is necessary for good vision because vitamin A helps protect the cornea. Vitamin A helps the immune system by aiding the mucous membranes. This decreases the risk of respiratory problems as well as other infections.

Effects of deficiency: Deficiency of Vitamin A is more prevalent in developing countries because of the lack of food and small variety of food that they have. A lack of Vitamin A will cause problems relating to vision and fighting off infections.

Properties: Vitamin A is an antioxidant. It is soluble in fat and it is stable in alkaline environments.