



## Model Answers

7.4 Describe **one Function** of the eggs

### Lemon Meringue Pie

**Function** – adds volume/**aeration** using the egg whites for the meringue.

**Description** – Whisking traps air and **creates a foam** and the mixture expands. Whisking **denatures proteins** in egg white and traps the air which expands the egg white. Meringue becomes a solid foam when baked (**coagulation**).

Or

**Function - Coagulation/setting** (lemon filling) using the egg yolks.

**Description - Proteins denature** when heated which thickens the filling and sets.

### Fish Cakes

**Function - Coating/binding** (breadcrumb/batter)

**Description** – Forms protective layer against the heat, eggs set and holds dry ingredients in place.

Or

**Function - Coagulation/Setting** (fish cake filling)

**Description** - Protein in the **egg denatures** and sets when **heated** holding the ingredients together.

Or

**Function - Enriching**

**Description** - Addition of eggs to increase colour and the nutritional value of the fish cakes.

# Model Answers

## Question 9 – understanding recipe

With reference to the ingredients and nutritional content of each of the soups, evaluate the suitability of these soups for people with Coronary Heart Disease (CHD).

Give justified reasons for your choice.

- **Underline the key words in the question!**
- **Include analysis and evaluation**

**Analysis could include :**

**Look at all the key headings - Nutrients per 200ml serving.**

**Energy Content** - Soup A provides more energy (541kcal) compared to soup B (with 461 kcal) - due to more carbohydrate and ingredients high in fat.

**Protein Content** - Soup A has less protein (14.4g) compared to soup B (19.9g)  
Soup A contains bacon but this may be in a smaller quantity.  
Soup B has good protein source from peas which are the largest ingredient.

**Carbohydrate Content** - Soup A has 58g compared to soup B with 72g  
Soup B may have larger quantity of starch-based ingredients e.g. potatoes which provide energy.

**Fat Content** - Soup A has higher level of saturated Fats (29.5g) and unsaturated fat (15.3g) compared to Soup B which has less fat 12.3g and unsaturated 1.4g.  
Soup A higher because of the use of double cream, bacon and butter.  
Soup B lower in saturated fat and cholesterol because it has no added cream and use of sunflower oil.

**Dietary Fibre Content** - Soup A has 8.8g compared to B 10.8g which indicates a larger proportion of fresh vegetables in B. In B skins may have been left on for extra dietary fibre.

**Sugar Content** - Soup A has 3.43g compared to B 5.2g. B is higher due to natural content of peas.

**Salt Content** - Soup A has 2.46mg compared to B which has 0.86 and both have natural salt from vegetable content. Soup A higher due to stock cube and bacon whereas Soup B lower as fresh vegetable stock used instead of stock cube.

**Evaluation** - Soup B is the better choice for someone with CHD.

**Conclusion** - Soup A has a higher saturated fat content which clogs the arteries and not a good choice for someone with CHD. Higher energy content could, carbohydrates and fats could lead to obesity and put pressure on the heart.  
Soup B has lower salt levels which is better to prevent high blood pressure, can be helpful in recovery from CHD.