

2015 VCE Food and Technology examination report

General comments

The 2015 Food and Technology examination assessed students' knowledge and understanding of Areas of Study 1, 2 and 3 of Units 3 and 4. All key knowledge and skills that underpin the outcomes were examinable.

The paper consisted of two parts: Section A contained 15 multiple-choice questions and Section B contained five questions with sub-parts and one extended-response question.

This report should be read in conjunction with the 2015 Food and Technology examination.

Areas of strength

Demonstrating an understanding of:

- food poisoning and food spoilage
- correct hygiene practices in food preparation and processing
- the role of labelling for the consumer
- the method and benefits of aseptic packaging systems
- primary processing of food
- functional foods
- the difference between health claims and nutrition content claims.

Areas of weakness

- lack of specific examples when required by the question
- failing to relate the answer to the information provided in the question

Lack of understanding of:

- the role of each level of government in response to a food poisoning incident
- innovations and changing technologies in food product development, including high-pressure processing
- the correct name of the national department responsible for monitoring food importation into Australia
- environmental issues in food production and their impact on the environment; for example, minimising water use
- factors used when marketing a food product: price, place, product and promotion
- the difference between convection and conduction as methods of transferring heat during the cooking of food
- how convection currents are created during cooking
- modified atmosphere packaging (MAP) systems
- the reasons for preservation or the following methods – dehydration, use of sugars and use of acids
- terms used in the study design; for example, complex process, social pressures, technological developments, Maillard reaction, or gelatinisation.

Specific information

Note: Student responses reproduced in this report have not been corrected for grammar, spelling or factual information.

This report provides sample answers or an indication of what answers may have included. Unless otherwise stated, these are not intended to be exemplary or complete responses.

The statistics in this report may be subject to rounding resulting in a total more or less than 100 per cent.

Section A – Multiple-choice questions

The table below indicates the percentage of students who chose each option. The correct answer is indicated by shading.

Question	% A	% B	% C	% D	Comments
1	17	53	16	14	Food poisoning can be caused by pathogenic bacteria (option B), biological or chemical contamination. The other options included causes of food spoilage.
2	57	8	19	15	National authorities develop food recall protocols (option A). The other options described roles belonging to state and local authorities.
3	40	3	6	50	Critical control limits are set at any stage of the production identified in the HACCP system where a hazard may occur. These are regularly monitored as it would be unsafe to exceed these limits. Corrective actions would follow if these limits were exceeded.
4	45	37	3	15	Fish contains only small amounts of connective tissue and little carbohydrate. Iron is also present in red meat.
5	1	73	24	1	
6	4	2	85	8	
7	63	5	5	26	
8	0	1	1	98	
9	5	93	0	1	
10	5	24	43	28	Convection currents occur when the molecules in liquids or gases move from a warm area to a cooler area. Electromagnetic waves are scattered around the microwave by the metal fan and when molecules collide they create friction, not currents. Grilling is a method of transferring heat by radiation.
11	13	63	10	14	
12	30	3	52	15	Pigments provide the colour in fruit. Enzymes are responsible for the ripening of fruit.

Question	% A	% B	% C	% D	Comments
13	32	13	36	19	Fruit and vegetables produce ethylene as they ripen as well as moisture that can be removed by scavengers. Nitrogen is used to replace oxygen in savoury foods to prevent crushing, and oxygen levels are calculated as part of atmosphere in the package to prevent meat from discolouring. The humidity or the gases in the atmosphere are managed in packages containing burritos and tacos to prevent them from becoming stale.
14	8	3	78	12	
15	9	19	8	64	

Section B

Question 1a.

Marks	0	1	2	Average
%	39	15	46	1.1

A suitable response could have been: Aseptic packaging is a process whereby the food product and the package are sterilised separately and brought together in a sterile environment.

Question 1b.

Marks	0	1	2	Average
%	16	37	47	1.3

Any two of:

- convenience – it is portable and light
- food is protected from harmful bacteria
- no refrigeration is required – this saves energy in the transportation and storage of the soup
- storage efficiency – brick shapes are easy to pack and store
- protection of nutrient content – less heat damage, preservatives do not need to be added
- prevents the loss of aroma or flavour
- creates a barrier to prevent the absorption of undesirable external odours and flavours.

Question 1c.

Marks	0	1	Average
%	57	43	0.5

One of:

- The Department of Agriculture
- The Department of Agriculture and Water Resources.

Australian Quarantine Inspection Services (AQIS) was not accepted.

Question 1d.

Marks	0	1	2	3	4	Average
%	35	21	24	13	7	1.4

Each explanation could have included the following.

Technological developments

- Developments in new packaging systems such as aseptic packaging provide a longer shelf life for foods as food is packaged in a sterile environment.
- Food packaging that provides a longer shelf life and therefore minimises food waste.
- New developments in technology have produced lightweight packaging that uses recyclable materials such as the cardboard in aseptic packaging.

Social pressures

- convenience
 - The size and shape makes aseptic-packaged soups easy to store and transport for both consumers and producers.
 - In families where both parents are working there is less time available for meal preparation, so these products save time for consumers.
 - Products with a long shelf life and that do not need refrigeration until they are opened provide convenience for consumers.
 - Older members of the community find them easy to open and they are a convenient size for one person or people living alone.
- health
 - Aseptic packaging does not require the addition of preservatives.
 - Natural flavour and colour of food can be preserved without the use of additives.

This question was generally not answered well.

The following is an example of a high-scoring response.

Technological developments -The demand for new packaging systems has led to the development of Aseptic Packaging for soup as manufacturers want to maximise the shelf life of products and minimise waste. The new system is also important for the protection of the food along the supply chain, from manufacture until purchase.

Social pressures - increasing knowledge about the effects of artificial preservatives to our health and peoples' concern over the nutrients in our foods has led to developments of soups in aseptic packaging as no preservatives are used and no nutrients are lost during the process of aseptic packaging.

Question 1e.

Marks	0	1	2	3	4	Average
%	15	14	22	24	25	2.3

A suitable response could have included one dot point from each of the following factors:

Product	<ul style="list-style-type: none"> Highlighting the features of the product to consumers such as convenience or health benefits. Consumers become aware of the packaging and size of the soup; for example, a small size suitable for people who live alone.
Place	<ul style="list-style-type: none"> Having the soup available in supermarkets and convenience stores where consumers can buy it on their way home from work.
Price	<ul style="list-style-type: none"> Ensure the price of the soup is acceptable to consumers and is competitive with similar products.
Promotion	<ul style="list-style-type: none"> The soup could be promoted on social media, billboards or at train and bus stops where it can be clearly visible to busy consumers on their way to or from work. Advertise the soup on television during times when people would be having dinner.

The following is an example of a high-scoring response.

Product	<i>The soup can be available in a variety of flavours to appeal to a wide group of consumers.</i>
Place	<i>The soup must be available in the location that the target market is likely to shop.</i>
Price	<i>The price of the soup needs to be within the target markets budget and compare well with any competitors.</i>
Promotion	<i>The soup needs to be promoted to launch the sale of the soup and make consumers aware of this product using samples at point of sale, cash back offers or in magazines.</i>

Question 1f.

Marks	0	1	2	Average
%	25	35	40	1.2

- Packaging placed in waste is sent to landfill. Limited space is available for landfill, making this practice unsustainable in the future.
- Decomposing waste creates methane gas, a greenhouse gas that is far more damaging to the environment than carbon dioxide.
- Trucks that transport the packaging waste to landfill use diesel fuel, which contributes to greenhouse gas emissions and depletion of non-renewable resources.
- Increased pollution, such as litter, if the packaging is discarded or disposed of incorrectly.
- Some packaging is made from a mixture of materials such as plastic film that makes recycling difficult.

Question 2ai.

Marks	0	1	2	Average
%	25	50	26	1

Organic farming produces food without the use of artificial chemicals, herbicides, pesticides or fungicides but uses natural systems instead.

Question 2aii.

Marks	0	1	2	Average
%	12	43	45	1.4

- Consumers may believe in the benefit to the environment of organic farming in that sustainable farming practices are used to maintain biodiversity, plant and soil health and control pests.
- Some consumers may believe that organic food products have enhanced sensory properties and are therefore more desirable to eat than non-organic food products.
- Some consumers may believe that organic products can provide health benefits as they are said to have higher nutrient levels, contain fewer artificial ingredients and lower chemical residue levels.
- Consumers may choose organic produce because it has not been genetically modified and thus provides the consumer with a greater sense of food security.

Question 2b.

Marks	0	1	2	Average
%	30	30	39	1.1

A suitable response could have been: A target market is a large group of consumers who share common needs or characteristics. In comparison, a niche market is a small portion of the target market that is not being readily served by other products within the target market.

Question 2c.

Marks	0	1	2	Average
%	32	39	29	1

Suitable responses could have included two of:

- improve cleaning practices in the shop by the use of trigger hoses
- undertake regular maintenance to prevent leaks or overflows from water pipes and other equipment that uses water
- recirculate used water for cooling, cleaning floors or to suppress dust in the shop
- install water tanks for water to clean floors or to be used in cooling the shop.

Question 2di.

Marks	0	1	2	3	4	Average
%	37	21	24	7	12	1.4

Suitable responses could have included two of:

- The Department of Health and Human Services is responsible for overseeing the food poisoning incident – it will liaise with FSANZ and local authorities to find the source of the food poisoning and to ensure corrective actions are put in place so that such incidents do not recur.
- The Department of Health and Human Services works with local environmental health officers to analyse food samples to determine the source of the food poisoning or any food preparation processes that have led to the contamination of the chicken kebabs.
- The Department of Health and Human Services issues 'closure orders' against the food premises that have manufactured or sold the chicken kebabs until the source of the food poisoning has been identified and removed and the premises have been cleaned.

This question was not answered well.

The following is an example of a high-scoring response.

The Department of Health and Human Services would issue closure orders for the local restaurant and this would mean that the restaurant stays closed until the source of the food poisoning found.

The Department of Health and Human Services would work with the local council to analyse the chicken kebabs to find the source of the food poisoning.

Question 2dii.

Marks	0	1	2	Average
%	41	30	29	0.9

Suitable responses could have included one of:

- The local environmental health officer follows up on the closure orders issued by The Department of Health and Human Services.
- The local environmental health officer inspects the premises to make sure that they are clean and meet the requirements of the food safety program.
- Once the restaurant has presented, amended and updated the food safety program they can apply to the local authorities for re-registration of the business.

This question was not answered well.

The following is an example of a high-scoring response.

The local authorities would enforce the closure orders and then inspect the premises to see if they had been cleaned up. Local authorities would report that the restaurant is eligible for reregistration to the State Department of Health and Human Services

Question 3a.

Marks	0	1	2	3	4	Average
%	1	3	16	11	68	3.4

Suitable responses could have included two of:

Personal hygiene practice	Why the practice is necessary to ensure safe food preparation
<ul style="list-style-type: none"> tie hair back 	<ul style="list-style-type: none"> stops hair from falling into food and contaminating it
<ul style="list-style-type: none"> cover street clothes with a clean apron 	<ul style="list-style-type: none"> stops bacteria from clothes being transferred to the food
<ul style="list-style-type: none"> wash hands thoroughly before preparing food 	<ul style="list-style-type: none"> to eliminate the transfer of bacteria during food preparation
<ul style="list-style-type: none"> ensure nails are short and clean do not wear nail polish while preparing food 	<ul style="list-style-type: none"> bacteria can be embedded into long nails and be transferred to food during preparation if nails are too long they can break/chip into the food while preparing it nail polish can chip and contaminate the food
<ul style="list-style-type: none"> sanitise and cover cuts with a clean waterproof dressing 	<ul style="list-style-type: none"> prevent bacteria from contaminating the food

Question 3b.

Marks	0	1	2	3	Average
%	32	21	25	22	1.4

A suitable response could have included the following points:

The preparation of shortcrust pastry is a complex process because it is a hands-on process that requires decisions to be made at various steps in making the pastry; for example, the amount of water to be added, temperature of the butter, amount of kneading, etc. These decisions will directly affect the outcome of the product.

This question was not well answered.

The following is an example of a high-scoring response.

It is a complex process as it involves a series of many decisions to be made which directly influence the outcome of the final shortcrust pastry. For example how much the pastry is kneaded will affect the sensory properties of the final pasties.

Question 3ci.

Marks	0	1	2	Average
%	31	45	24	1

- The dough will not be sticky to touch.
- The dough will be smooth with no obvious signs of separate ingredients like flecks of butter.

Question 3cii.

Marks	0	1	2	Average
%	59	27	14	0.6

A suitable response could have included the following:

The pastry dough is only lightly kneaded to prevent the development of the gluten. This is important to help with the tenderness of the pastry once it has been cooked and ensures that the pastry has a light, short texture that is not chewy.

This question was not well answered.

The following is an example of a high-scoring response.

Kneading lightly ensures the pastry is even in density and doesn't have lumps of butter or flour. It will have a short texture and not be crumbly when cooked and eaten.

Question 3d.

Marks	0	1	2	Average
%	39	46	15	0.8

A suitable response could have included:

Cooking at 220 °C for 10 minutes allows for the pastry to set as starch in the flour gelatinises, and the pastry may begin to brown. The fat is quickly absorbed into the flour and does not melt and run out.

The temperature is reduced to 190 °C for 15 minutes to allow the filling to cook and for the Maillard reaction to occur so that the pasties develop a brown colour.

The following is an example of a high-scoring response.

The higher temperature could begin the browning process and the butter will be absorbed by the flour and the pastry will set quickly. The lower temperature will allow the filling to be cooked through and the Maillard reaction to occur.

Question 3ei.

Marks	0	1	2	Average
%	55	30	14	0.6

A suitable response could have included:

A profiling test is a descriptive test that will evaluate the individual components of the pasties. The qualitative and quantitative properties of the pasties can be judged, such as the crispness and flavour of the pastry and the flavour, texture and tenderness of the filling and size, and compared with other entries to determine the winner.

The following is an example of a high-scoring response.

A profiling test would allow the judges to assess their preference based on many criteria e.g. colour, crispness and texture of the pastry, flavour and texture of the filling when comparing all the vegetable pasties.

Question 3eii.

Marks	0	1	Average
%	40	60	0.6

The type of product analysis is quantitative.

Question 4a.

Marks	0	1	2	Average
%	35	36	29	1

A suitable response could have included:

Primary processing involves a range of processes to make food safe to eat so that it can be consumed individually or used in the manufacture of other food products. The physical form of the food changes very little.

Question 4b.

Marks	0	1	2	3	4	Average
%	8	5	13	20	53	3.1

A suitable response could have included any two of the following steps:

- harvesting – the avocados would be picked by hand to prevent damage
- washing – to remove chemical residue, dirt and dust
- grading – avocados would be sorted and graded. Any damaged fruit would be removed and sent for secondary processing
- labelling – the avocados would be labelled with small stick-on labels to enable the supermarket staff to easily identify the variety of avocado
- packaging – the avocados would be packed into cardboard boxes. Moulded cardboard may be used to prevent damage to the fruit
- cool storage – the boxes of avocados would be stored in coolrooms at about 2 °C to slow the rate of ripening before distribution.

Question 4c.

Marks	0	1	2	Average
%	30	32	38	1.1

Students could have explained one of the following environmental concerns.

- Many fertilisers and pesticides sprayed onto crops can remain as residue in the soil, leading to acidification of the soil.
- Artificial fertilisers can contain nitrates that can be dissolved by rain and that can run off the farm and contaminate rivers and groundwater supplies.
- Nitrogen can be released into the air and contribute to acid rain.
- Misuse of chemicals could contaminate surrounding plant life and have a negative impact on the biodiversity of the local area.

Question 4d.

Marks	0	1	2	3	Average
%	62	18	11	9	0.7

Students could have referred to some of the following points when explaining how foods such as avocado pulp can be processed using high-pressure processing.

- It is processed using a system of cold pasteurisation.
- Pressure is applied evenly/uniformly from all sides/all directions.
- Food is processed in its final packaging – usually a flexible container.
- Products are placed in a high-pressure chamber that is then filled with water to surround the product.
- Pressure in the water is increased and is transferred to the product; uses water surrounding the product and in the food to conduct the pressure.
- Pressure is intense (600 MPa or 6000 times the air pressure at sea level).
- Pressure is applied for two to five minutes.

This question was not well answered.

The following is an example of a high-scoring response.

High pressure processing is a form of cold pasteurisation where the product is packaged in its final packaging. In this method no heat is used and the nutrients are not destroyed. The packages of avocado are placed in a chamber and the chamber is then filled with water. High pressure is applied from all directions, and travels through the packaging into the food and kills the food spoilage organisms.

Question 4e.

Marks	0	1	2	Average
%	43	32	25	0.9

A suitable explanation could have included two of the following:

- destroys microorganisms such as bacteria, moulds and yeasts, thus ensuring the product is safe to eat and extending the shelf life
- avocado has a high water content and there are no air pockets in the pulp
- nutrients and sensory properties are not affected as the product is not exposed to high heat
- shelf stable for longer; less waste for producers and consumers
- retains flavour – flavour molecules are not affected so fruit retains its 'just picked' taste
- cold pasteurisation does not affect colour molecules; better sensory properties
- no additives required to preserve the product, so 'clean' labelling may benefit consumers and manufacturers
- it is a cold treatment and therefore heat-sensitive nutrients (especially vitamin C) are not destroyed.

This question was not well answered.

The following is an example of a high-scoring response.

The shelf life of the avocado products is extended making the products more readily available to consumers.

High pressure processing does not affect the sensory properties of the avocado so they will keep its vibrant green colour and creamy texture which is very appealing to consumers.

Question 4f.

Marks	0	1	2	Average
%	23	31	46	1.3

Enzymatic browning – this is the process that occurs when the avocado is cut and the enzymes it contains are exposed to oxygen from the air.

Question 4gi.

Marks	0	1	Average
%	22	78	0.8

Line extension

Question 4gii.

Marks	0	1	2	Average
%	21	37	41	0.8

Any two of the following reasons could have been outlined.

- Nutrient content can be changed to suit particular dietary requirements, e.g. salt-reduced or reduced fat, and therefore appeal to consumers who want this food product.
- Increased variety of flavours may appeal to consumers and increase the manufacturer's market share.
- It is a relatively inexpensive form of product development as the manufacturer is able to use much of the same equipment to produce the product.
- The company is able to preserve brand loyalty by creating a new and interesting product.

Question 5a.

Marks	0	1	2	Average
%	38	21	41	1.1

Functional foods provide a health benefit beyond basic nutrition.

Question 5bi.

Marks	0	1	Average
%	26	74	0.8

Food Standards Australia New Zealand

Question 5bii.

Marks	0	1	2	3	4	Average
%	9	3	13	14	62	3.2

A suitable response could have included any two of the following.

Labelling information	Benefit to consumers
name of the food	describes the true nature of the products and informs the consumer about what they are purchasing
lot identification	identifies the packaging premises and job lot, which can assist the consumer if the product is recalled
name and business address of supplier	assists the consumer in contacting the manufacturer, packer, seller or importer if necessary
mandatory warnings and declarations	some food products may contain ingredients that could be a health risk to consumers and this information can assist the consumer in making an informed choice
ingredients list	allows consumers to compare similar food products, or can provide information on ingredients so that a product can be avoided if the consumer has an allergy or sensitivity to an ingredient
date marking	the 'use-by' and 'best before' dates allow consumers to make informed choices about a product's shelf life and quality
nutrition labelling	allows consumers to compare the nutrient content of similar products and make informed choices
percentage labelling, characterising ingredient	consumers can better understand the product's composition, compare it with similar products and make informed choices on product quality and value for money
directions for use and storage	helps consumers understand how to maintain the product's optimal sensory properties, reduces the risk of food spoilage and keeps consumers safe from food poisoning
country of origin	identifies where the food product was made, produced or packaged and assists consumers in making informed choices
weight or measure of contents	assists consumers in comparing similar products and making informed choices on value for money

Question 5c.

Marks	0	1	2	3	Average
%	27	21	23	29	1.6

A suitable response could have included:

The labelling on the milk stating that the milk is a good source of omega-3 fats is a nutrition content claim because it is a statement made by the manufacturer about the amount of the nutrient in the food. It is not a health claim because the label does not describe a relationship between the consumption of the milk and any health benefit it can provide, such as being good for brain health.

Question 5di.

Marks	0	1	2	Average
%	48	31	21	0.8

A food intolerance is a chemical reaction to particular foods that is not an immunological response and is therefore not life-threatening.

Question 5dii.

Marks	0	1	Average
%	9	91	0.9

Lactose intolerance

Question 6

Marks	0	1	2	3	4	5	6	7	8	9	Average
%	15	20	20	17	11	7	4	3	2	1	2.6

Students needed to demonstrate understanding of the preservation of apples or apricots. The following information was required:

- the reasons for preserving fruit
- a description of two of the preservation techniques stated in the question – dehydration, use of sugars or use of acids
- how the selected preservation technique preserves the selected fruit
- the impact of each preservation technique on the physical and sensory properties of the selected fruit.

A suitable response could have included the following information:

- preserving food enables its shelf life to be extended
- foods may retain more of their nutrients
- food preservation prevents waste
- it makes food available throughout the year rather than just when it is in season
- consumers have a greater variety of products available to them
- it makes meal preparation easier and more convenient for many consumers
- preserved foods can be transported long distances to areas that may not have access to seasonal ingredients.

The following points may have been referred to, depending on which preservative techniques were selected by students when discussing the impact of the technique on physical and sensory properties of selected fruit.

Use of sugars

Apricot jam/apple jelly uses a high proportion of sugar in its production. This high concentration of sugar helps to inhibit the growth of microorganisms as it has a dehydrating effect. Food spoilage microorganisms cannot grow in the absence of moisture. The high concentration of sugar also assists in forming a gel in the jam, which increases its shelf life.

When made into jam, the apricots will lose their shape and will become much softer in texture. They will also deepen in colour and develop a very sweet flavour.

When made into jelly, the apple juice will become translucent and a pale honey colour. It will also develop a very smooth, silky mouthfeel and a very sweet flavour.

Use of acids

Apricot chutney: when making apricot chutney, the apricots are often combined with a variety of other ingredients such as onion, Granny Smith apples, garlic, ginger, spices and sultanas. A large proportion of vinegar and brown sugar are added to the fruit mixture.

Apple chutney: when making apple chutney, the apples are often combined with a variety of other ingredients such as onion, garlic, ginger, spices and raisins. Apricot and apple chutney use a large proportion of vinegar and sugar.

Making chutney preserves the apricots/apples by cooking them in a vinegar solution and this creates an acid environment. By reducing the pH level, food spoilage organisms cannot reproduce because they need a slightly alkaline or neutral pH in which to grow. As the chutney also contains quite high concentrations of sugar, this also contributes to a hostile environment for food spoilage bacteria because it has a dehydrating effect on the fruit, similar to jam-making. Cooking the mixture until it is thick concentrates the chutney, lowering the available moisture that is needed for microbial growth.

When made into chutney, the apricots/apples will lose their shape and become much softer in texture. They will also deepen in colour and develop a slightly sharp, savoury flavour from the sugar and vinegar.

Dehydration

Apricot fruit leather/fruit dust

When apricots/apples are dehydrated, the water content of the fruit is reduced to between 5 and 25 per cent. As food spoilage microorganisms require moisture to grow, they cannot reproduce because there is insufficient water available to them.

When apricots are made into leather, they lose their shape as a result of pureeing. The dehydration process removes any moisture from the product so the apricots become a more intense orange colour, and have a much firmer or chewy texture and stronger flavour.

When apples are dehydrated, they become deeper in colour, have a much firmer or chewy texture and stronger flavour.

This question was very poorly answered.

The following is an example of a high-scoring response.

Apricots.

The reasons for preserving fruits include extending the shelf life of the food so it can be stored on a long term basis. It can also enhance the fruits sensory properties and allows the fruit to be available all year around, not just when it is in season. The deterioration of its physical and sensory properties are delayed and preservation may prevent waste.

Dehydration is when the water from the food is reduced. This can be done by drying in the sun or an oven or in a dehydrator. The water content is reduced to between 5 and 25%. Dehydration preserves the apricot as the removal of moisture creates an environment where the food spoilage microorganism cannot reproduce as they need water to grow. This extends the shelf life of the apricot. When the apricots are dehydrated their colour becomes darker and the shape changes and they shrink in size and appear shrivelled up and wrinkly. Their aroma is reduced and their texture becomes firm and chewy and their flavour changes from a moist, fleshy taste to a chewy more sharp flavour.

The use of sugar can be used to preserve apricots in making a jam. Jam uses a large amount of sugar.

The sugar creates an environment that is hostile to microorganisms and they cannot grow in the absence of moisture. This is because the sugar has a dehydrating effect on the fruit and also helps to form a gel which helps set the jam.

When the apricots are made into jam the appearance of the apricots is significantly effected as the apricots lose their shape and are mushed up into very small pieces to make a paste like texture. The flesh will be soft. The texture of the apricot becomes gel like and sticky as the pectin in the fruit and the sugar form a gel. The sweetness of the fruit is increased because of the sugar and the colour of the apricot becomes brighter and deeper. The aroma will be sweet and strongly apricot while the jam is cooking, but weaken when the jam is cold.