

VCE Food Studies

Written examination – End of year

Sample questions

These sample questions are intended to demonstrate how new aspects of Units 3 and 4 of VCE Food Studies may be examined. They do **not** constitute a full examination paper.

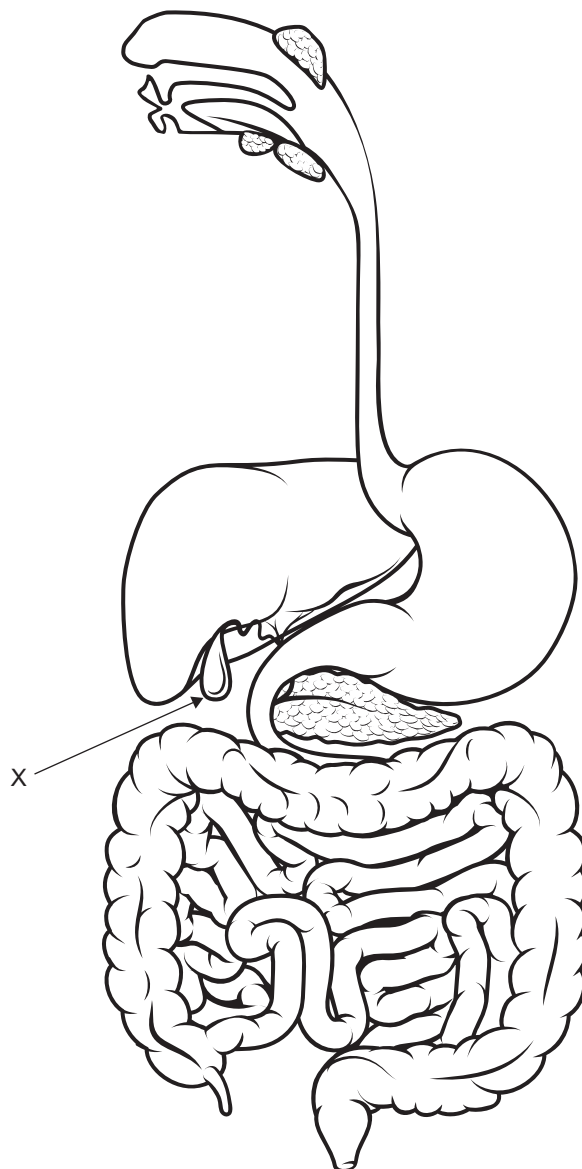
SECTION A – Multiple-choice questions

Question 1

Which one of the following best describes food citizenship?

- A. empowering people to choose how they achieve food security
- B. fighting against global hunger to ensure people have nutritious food at all times
- C. challenging control of the food supply by large corporations so that farmers have greater autonomy
- D. working collectively to make decisions about food and farming that are matters of democratic discussion and debate

Question 2



Source: Christos Georghiou/Shutterstock.com

The organ labelled X is responsible for the

- A. storage of bile.
- B. digestion of bile.
- C. production of bile.
- D. control of the flow of bile into the large intestine.

Question 3

Providers of emergency food relief [in Australia] are unable to keep up with increasing demand. And over a third of people experiencing food insecurity don't seek help, because they feel ashamed or embarrassed. Much of the food provided is often highly processed and unhealthy, and it doesn't meet people's personal or cultural food preferences.

Source: R Carey and M Murphy, 'Australia's new government must tackle food insecurity', Pursuit website, 31 May 2022, <<https://pursuit.unimelb.edu.au>>

The statements made in the extract above illustrate food insecurity because

- A. personal and ethical food preferences are considered.
- B. culturally appropriate foods are often delivered to food secure people.
- C. food relief providers are not fulfilling food accessibility and food adequacy.
- D. food may not meet the dietary preferences of the younger people it is going to.

Question 4

Which one of the following best describes one role of gut microbiota in physical health?

- A. produces hormones that influence mood
- B. supports the development of the human immune system
- C. supplies a high diversity and abundance of microorganisms
- D. promotes digestion by supporting the release of nutrients by intestinal cells

Question 5

Probiotics play an important role in gut health.

Which one of the following best describes the term 'probiotics'?

- A. source of food for the gut microbiota
- B. types of fibre that humans cannot digest
- C. live microorganisms found in foods, which provide a health benefit when consumed in adequate amounts
- D. digested by gut microbiota to produce short-chain fatty acids that provide energy and assist with mucus production

SECTION B

Question 1 (13 marks)

Fermentable oligosaccharides, disaccharides, monosaccharides and polyols (FODMAPs) are short-chain carbohydrates that may cause food intolerances.

- a. In the table below, name two polyols and, for each polyol, provide one example of a food that is high in this polyol.

4 marks

Name of polyol	Example of a food high in this polyol

- b. Describe **two** digestive symptoms of food intolerances caused by consuming foods high in FODMAPs and explain why these digestive symptoms may occur when these foods are consumed by individuals with a FODMAP intolerance.

5 marks

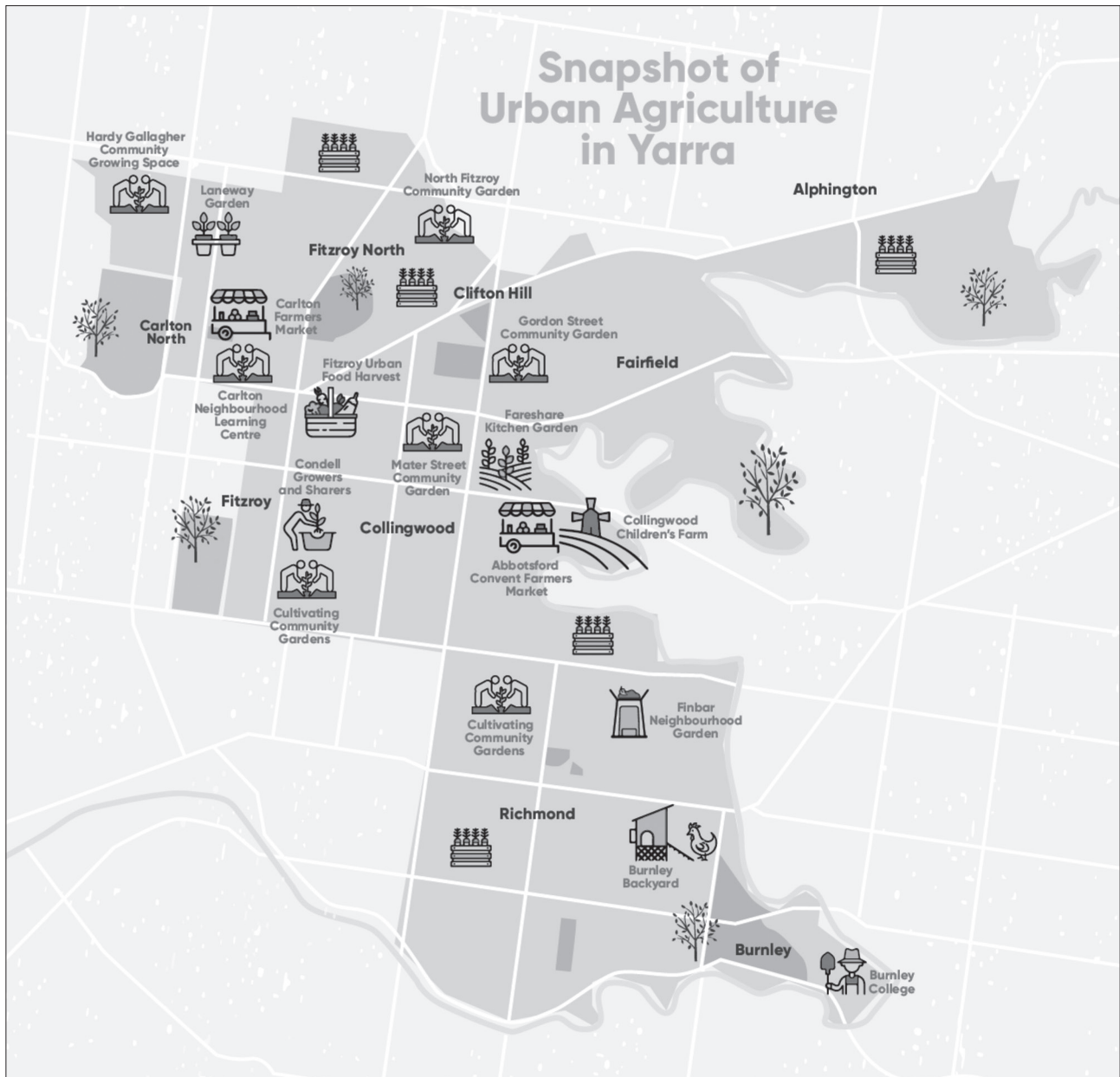
- c. A low-FODMAP diet is very restrictive and is designed to be temporary.

Explain how an individual with a FODMAP intolerance could manage their food intake to minimise their digestive symptoms.

4 marks

Question 2 (10 marks)

As our cities expand, more pressure is placed on green space and on areas on the edge of urban environments, where the landscape is changing from rural to urban. In these areas, urban agriculture is becoming increasingly important. Urban agriculture may help address food insecurity, provide a place for human connection to food and land, and increase biodiversity within our urban environments.

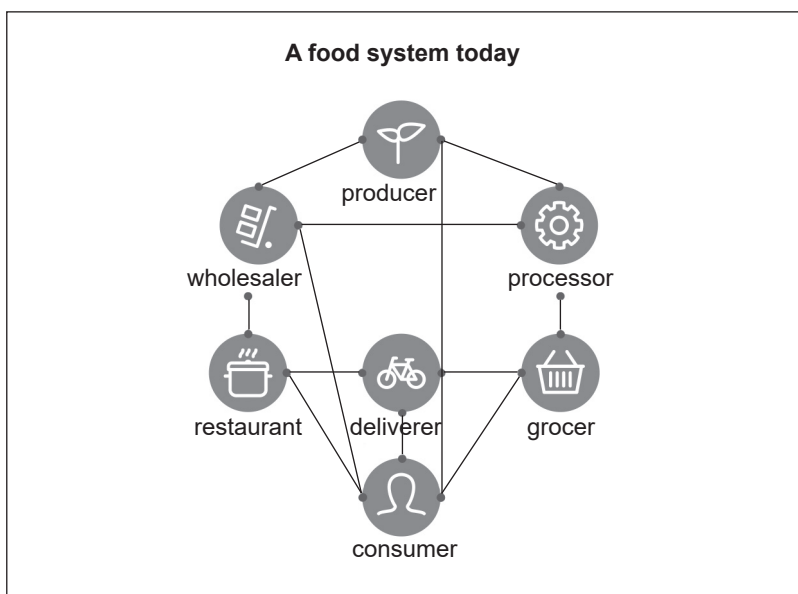
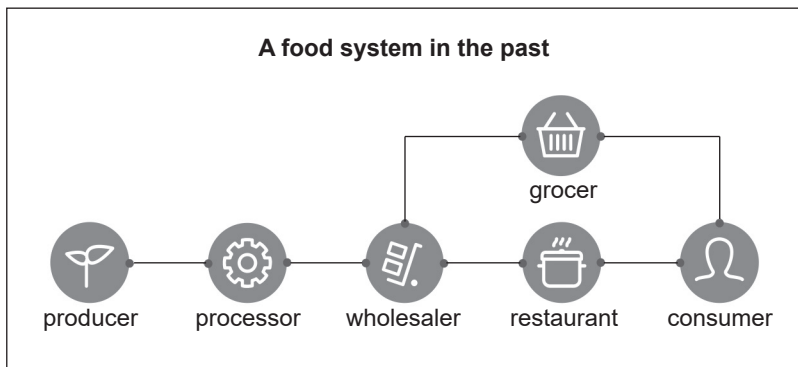


Source: City of Yarra, 'Urban agriculture strategy 2019–2023', p. 6, <www.yarracity.vic.gov.au/services/take-climate-action/grow-your-own-food/urban-agriculture-strategy>

Using the information about urban agriculture in inner Melbourne presented above, discuss the relationships between food security, food sovereignty and food citizenship. In your response, consider the role of food citizenship in:

- ensuring an optimal diet for people of inner Melbourne
- ensuring the health of the planet
- the relationship to food security and food sovereignty for the people of inner Melbourne.

Question 4 (9 marks)



Source: A Labine-Romain, D Terrill et al., ‘Future of food: How technology and global trends are transforming the food industry. Uber Eats’, Deloitte Touche Tohmatsu, 2019, p. 1, <www2.deloitte.com/content/dam/Deloitte/au/Documents/Economics/deloitte-au-economics-future-food-uber-eats-100719.pdf>

- a. Referring to the two diagrams above, identify **two** changes in food purchasing behaviours. 2 marks

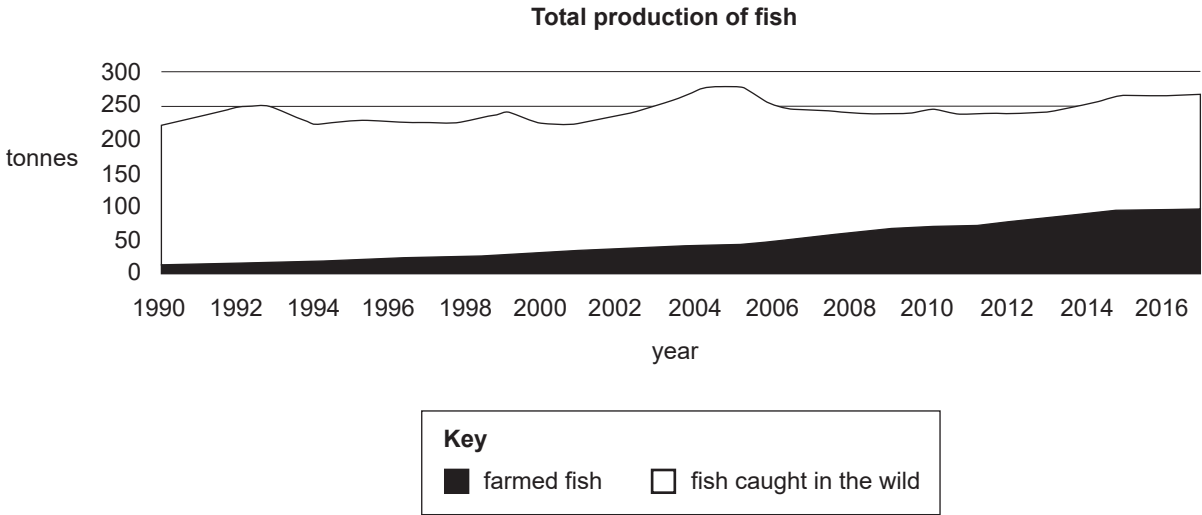
- b.** Referring to the diagrams on page 10, discuss how the changes in food purchasing behaviours from **part a.** affect food choices today. 3 marks

- c.** Discuss **two** different points of view on the environmental effects of food transportation today. 4 marks

Question 5 (9 marks)

a.

The graph below illustrates the increase in fish farming as a total of fish production. This increase in farmed fish production over the last three decades has been driven by growing demand from consumers for high-quality fresh seafood, as a healthy and more sustainable alternative to other sources of protein such as chicken.



Source: adapted from K Wynn, D Terrill and A Cameron, 'Australian aquaculture – a sustainable solution to depleted global fisheries?', Deloitte website, December 2017 <www2.deloitte.com/au/en/pages/consumer-industrial-products/articles/australian-aquaculture-sustainable-solution-depleted-global-fisheries.html>

Standards like those of the Aquaculture Stewardship Council are important tools, often providing the initial steps to drive improvements in fish farming practices to ensure farming is carried out in an ecologically responsible manner.

Source: adapted from 'Farmed seafood', World Wildlife Fund Australia website, <www.wwf.org.au/what-we-do/food/farmed-seafood#gs.hopofw>

Using the two excerpts above and your knowledge of primary food production, explain **one** potential environmental effect of farming fish in Australia.

3 marks

- b. In the table below, identify two ethical issues affecting primary food production and explain how each ethical issue may have an impact on individual food choices.

6 marks

Ethical issue	Impact on individual food choices

Question 6 (4 marks)

Supermarkets sell a range of plant and animal products labelled as milk, including cow's, goat, oat and soy milk.

Discuss **two** sociocultural concerns of Australian consumers that may have influenced the manufacturing of this diverse range of milks.

Answers to multiple-choice questions

Question	Answer
1	D
2	A
3	C
4	B
5	C