

THE FAT FILE

MARK SHEET 1 OF 4 | Michael O'Neill

LEARNING FOCUS

Hidden fats, saturated fat, trans fat and the LDL to CVD pathway

EXPECTED IDENTIFICATION AND CLASSIFICATION

- Likely saturated-fat sources: sausages, butter, whole milk, buttered scone, pastry, fatty beef and cheese.
- The wafer explicitly lists partially hydrogenated oil, so trans fat may be identified from the label. Do not assume every biscuit, pastry or fried food contains trans fat without evidence.

EXPECTED ANALYSIS

- A high intake of saturated fat can increase LDL cholesterol. Excess LDL may contribute to cholesterol deposition, atheroma, narrowed arteries and increased CVD risk.
- Industrially produced trans fat can increase LDL and decrease HDL, further increasing cardiovascular risk.

ACCEPTABLE RECOMMENDATIONS

- Replace butter or lard with a measured unsaturated oil or spread.
- Choose leaner meat or fish and grill, bake or air-fry instead of choosing pastry and chips frequently.
- Use lower-fat milk or yoghurt and reduce high-saturated-fat snacks.
- Avoid the wafer containing partially hydrogenated oil and compare labels.

MISCONCEPTION REPAIR

Not adding cooking oil does not make a diet low in fat. Fat may be present within meat, dairy foods, pastry, spreads, snacks and processed foods.

ASSESSMENT AREA	MAX	AWARDED
Evidence and sources	4	
Fat classification	4	
Health explanation	4	
Changes with justification	6	
Misconception repair	2	
TOTAL		/ 20

Award alternative accurate, source-grounded responses. Require a clear link between food evidence, fat type and health. These fictional cases support learning and are not medical diagnoses.

THE FAT FILE

MARK SHEET 2 OF 4 | Aisha Khan

LEARNING FOCUS

Essential omega-3 and omega-6 fatty acids in a vegetarian diet

EXPECTED IDENTIFICATION AND CLASSIFICATION

- Sunflower oil, sesame in tahini and hummus provide predominantly polyunsaturated omega-6 fatty acids.
- The diary contains no obvious rich omega-3 source. Appropriate vegetarian sources include ground linseed, chia seeds, walnuts and rapeseed oil.

EXPECTED ANALYSIS

- Omega-3 and omega-6 are essential because the body cannot make adequate amounts and they must be supplied by the diet.
- Essential fatty acids contribute to cell membranes, signalling molecules and normal nervous and immune function.

ACCEPTABLE RECOMMENDATIONS

- Add ground linseed or chia seeds to cereal or yoghurt.
- Use walnuts as a snack in an appropriate portion.
- Replace some sunflower oil with rapeseed oil to broaden the fatty-acid profile.
- Retain a balanced intake rather than avoiding dietary fat completely.

MISCONCEPTION REPAIR

Fat does not automatically cause weight gain. Weight change depends on overall energy balance, although all fats are energy-dense and provide about 9 kcal per gram.

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Evidence and sources	4	
Fat classification	4	
Health explanation	4	
Changes with justification	6	
Misconception repair	2	
TOTAL		/ 20

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THE FAT FILE

MARK SHEET 3 OF 4 | Claire Donnelly

LEARNING FOCUS

Plant fats, monounsaturated choices, coconut fat and portion size

EXPECTED IDENTIFICATION AND CLASSIFICATION

- Olive oil, avocado and almonds are useful sources of predominantly monounsaturated fat.
- Coconut oil, coconut yoghurt and coconut milk are plant foods but are rich in saturated fat.

EXPECTED ANALYSIS

- Replacing some saturated fat with unsaturated fat can help lower cholesterol and support heart health.
- All fats provide about 9 kcal per gram. Large portions of oil, nuts, avocado and coconut products can make energy intake high even when some fats are unsaturated.

ACCEPTABLE RECOMMENDATIONS

- Return to rapeseed or olive oil instead of using coconut oil as the main cooking fat.
- Measure oils and use smaller portions of nuts rather than free-pouring or eating large handfuls.
- Use a lower-saturated-fat base in the curry more often and keep coconut milk for occasional use.
- Keep avocado, nuts and unsaturated oils in appropriate portions rather than removing them.

MISCONCEPTION REPAIR

Plant origin does not guarantee a fat is unsaturated, and 'natural' does not mean unlimited. Coconut fat is rich in saturated fat, while all fats remain energy-dense.

ASSESSMENT AREA	MAX	AWARDED
Evidence and sources	4	
Fat classification	4	
Health explanation	4	
Changes with justification	6	
Misconception repair	2	
TOTAL	/ 20	

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THE FAT FILE

MARK SHEET 4 OF 4 | Ben Hughes

LEARNING FOCUS

Why some dietary fat is essential and why very low-fat eating is unsuitable

EXPECTED IDENTIFICATION AND CLASSIFICATION

- The diary contains very little visible fat and no clear regular source of nuts, seeds, oils, avocado or oily fish.
- The pattern may provide insufficient essential fatty acids and may make it harder to absorb vitamins A, D, E and K effectively.

EXPECTED ANALYSIS

- Fat supplies concentrated energy, forms an energy reserve, insulates the body, protects organs and helps absorb fat-soluble vitamins.
- Essential fatty acids support cell membranes and normal nervous and immune function. A balanced intake is needed; the answer should not recommend a very high-fat diet.

ACCEPTABLE RECOMMENDATIONS

- Add an appropriate portion of nuts or seeds to breakfast or a snack.
- Use avocado or an unsaturated spread in the sandwich.
- Add a measured olive or rapeseed-oil dressing to vegetables.
- Include oily fish regularly if acceptable, or use suitable plant omega-3 sources.

MISCONCEPTION REPAIR

Not all fat is harmful. The body needs some fat for essential functions, but the type and amount matter; unsaturated sources should replace some saturated-fat sources.

ASSESSMENT AREA	MAX	AWARDED
Evidence and sources	4	
Fat gaps and functions	4	
Health explanation	4	
Changes with justification	6	
Misconception repair	2	
TOTAL	/ 20	

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