



Rewarding Learning  
**ADVANCED**  
 General Certificate of Education  
 2009

Centre Number

71

Candidate Number

## Health and Social Care

### Assessment Unit A2 15

*assessing*

### Unit 15: Human Nutrition and Dietetics

[A6H71]



**TUESDAY 9 JUNE, AFTERNOON**

#### TIME

2 hours.

#### INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.  
 Answer **all three** questions.

#### INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Quality of written communication will be assessed in **all** questions.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

For Examiner's  
use only

Question Number	Marks
1	
2	
3	

Total  
Marks

**1** Mr and Mrs Chang live in a quiet seaside town with their three children Sophie aged 11, Jamie 8 and Freddie 6. Sophie has recently been diagnosed with Type 1 diabetes and attends the diabetic clinic at the local hospital.

**(a)** Explain the term Type 1 diabetes.

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[2]

**(b)** Write down two symptoms of untreated diabetes.

1. \_\_\_\_\_

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[1]

2. \_\_\_\_\_

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[1]

**(c)** The hospital has advised Sophie and her parents on the dietary management of diabetes. Discuss the advice that Sophie may be given.

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Examiner Only	
Marks	Remark

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[6]

(d) *“Children eat less than half the recommended five portions of fruit and vegetables a day.”* ([www.nutrition.org.uk](http://www.nutrition.org.uk))

Mrs Chang is concerned that Freddie is not eating enough fruit and vegetables in his daily diet.

Analyse the importance of fruit and vegetables in Freddie’s diet.

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[9]

(e) Mr Chang recently took his son Jamie to the dentist for his regular check-up. He was very concerned when the dentist informed them that two of Jamie’s teeth were showing signs of decay.

Evaluate how diet can affect Jamie’s oral health.

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Examiner Only	
Marks	Remark

[Turn over





2 (a) Complete the table below filling in the blank spaces.

Nutrient	Function
Vitamin A	[2]
[1]	Required for growth and maintenance of body tissue.
Zinc	[2]
[1]	Keeps the gut healthy and prevents constipation.

[6]

(b) Harvestplus, a health food shop, is planning to produce and distribute a leaflet entitled “Female and Fifty”, highlighting guidelines for a healthy diet.

Discuss the information that should be included in the leaflet.

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Examiner Only	
Marks	Remark





(c) Harvestplus is proud of its informative food labelling policy.

Discuss how the following information on Harvestplus labels could influence an individual’s choice of food.

Energy value of food i.e. kcal

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[3]

Additives

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[3]

Contains nuts

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[3]

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Marks	Remark





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[12]

Examiner Only	
Marks	Remark

3 Highlands Day Centre for older people is having an inspection of its kitchens, carried out by the local Environmental Health Officer. Last month they had two incidents of food poisoning. They are now keen to have the centre passed as hygienic and serviceable again.

(a) (i) Write down two bacteria that may cause food poisoning.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(ii) Bacteria require certain conditions for growth. Explain how the following conditions may have contributed to the food poisoning incidents at Highlands.

Temperature

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ [2]

Time

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ [2]

(b) Using the following headings, explain two ways Highlands Day Centre could ensure good practice in:

Storage of food

1. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ [2]

Examiner Only	
Marks	Remark

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

Food handling

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

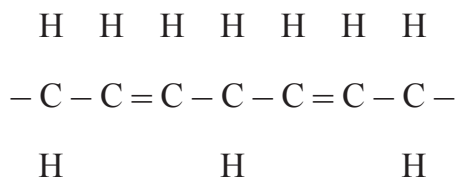
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

(c) (i) Explain the term saturated fat.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

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Marks	Remark

(ii) This is a diagram of an unsaturated fatty acid.



Explain how you would recognise this as an unsaturated fatty acid.

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[2]

(iii) Discuss how the kitchen staff at Highlands could reduce the saturated fat intake of the clients.

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[3]

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Marks	Remark









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