

ADVANCED General Certificate of Education 2010

Ce	ntre Number
71	
Can	didate Number

Health and Social Care

Assessment Unit A2 15

assessing

Unit 15: Human Nutrition and Dietetics
[A6H71]

THURSDAY 24 JUNE, MORNING



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 questions 1(c), 1(d), 3(d), 3(e) and 3(f).

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	Knockmore Health Centre has produced a leaflet for its patients, explaining the function and sources of vitamins. The leaflet advises that all individuals
	should ensure they include vitamin rich foods in their diet.

Examin	er Only
Marks	Remark

(a) Write down the **two** main groups that vitamins can be divided into. Give **one** example of a vitamin from each group.

Group 1:	[1]

Example: [1]

Group 2: ______ [1]

Example: _____ [1]

(b) Complete the table below to include the chemical name, **two** functions and a rich source for each of the vitamins.

Vitamin	Chemical name	Two functions	A rich source
С		Maintains body's connective tissue	• Citrus fruit
		Helps with iron absorption	
	[1]		
B2		•	•
		•	
	[1]	[2]	[1]
D		•	•
		•	
	[1]	[2]	[1]

5250

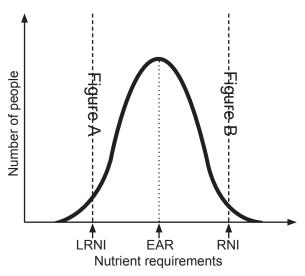
)	offer advice on how to achieve a healthy diet.		Examin Marks	er Only Remark
	Analyse the role of vitamins and minerals in the diet of Rebecca, who is 3 months pregnant.			
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hypertension. The dietician advises Archie of ways he could reduce his salt intake.	\$		
Analyse the advice given by the dietician.			
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	Ma	ırks R	Remark
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[9	1		

A local hospital uses DRVs to analyse the carbohydrate intake of a group of adolescents aged 13–17 years. The hospital has drawn up the table below showing the reference nutrient and lower reference nutrient intake. They use a normal distribution curve to plot their results.

[3]



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(a) Samuel (Figure A above) has a carbohydrate intake within the LRNI range. David (Figure B above) has an intake within the RNI range.

Discuss the following terms in relation to Samuel and David's carbohydrate intake.

LRNI			

	RNI		Examin Marks	er O Rei
		[3]		
)	The hospital study revealed that adolescents have a high sugar intaken	e.		
	Explain the following terms.			
	Intrinsic sugars			
		[2]		
	Extrinsic sugars			
		[2]		

(c)	Lydia, aged 17, was advised by the hospital to reduce the amount o non-milk extrinsic sugars (NMES) in her diet.	f	Examin Marks	er Only Rema
	Discuss one reason why NMES contribute to dental caries.			
		[3]		
l)	Discuss two reasons why adolescents are advised to increase their intake of starchy foods.			
	1.			
		[3]		
	2			
		[3]		
				ſ

Discuss how the following factors influence food choice.	Examiner Only Marks Remark
Habit	marke Remark
[3]	
Physiological status	
[3]	

(e)

eat any breal						
Write down	two benefits	of eating brea	kfast.			
1					[1]	
2					[1]	
Write down	three functio	ns of fat that i	s stored in the	e adipose tiss	sue.	
1					[1]	
2					[1]	
3.					[1]	
Discuss how (BMR).		nences an indi				

variety of backgrounds. Discuss how the canteen staff may prepare food to address the differing religious beliefs of its pupils.		
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		Examin	er Only
	j	Marks	Remark
			
[9]			
[2]	,		
Discuss how the storage, preparation and handling of food in the school canteen is influenced by the Food Safety (General Food Hygiene) Regulations 1995.			

(e)

	Examin	er Only
	Marks	Remark
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		Examin	
		Marks	Remark
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[13	J		

f)	Crestvale Academy canteen also provides meals for a nearby nursery school.	Examir Marks	ner C
	Analyse how the nutritional needs of the young children attending the nursery school can be met by the meals provided.		

		Examine	er Only
		Marks	Remark
			
			
[12]			
	1	1	

THIS IS THE END OF THE QUESTION PAPER

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