



Rewarding Learning

ADVANCED
General Certificate of Education
2014

Centre Number

71

Candidate Number

Health and Social Care

Assessment Unit A2 15

assessing

Unit 15: Human Nutrition and Dietetics

[A6H71]

TUESDAY 10 JUNE, AFTERNOON



A6H71

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(b)**, **2(a)**, **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 (a) Identify one deficiency disease of each of the following nutrients.

Vitamin B₁ (thiamin)

_____ [1]

Vitamin C

_____ [1]

Protein

_____ [1]

(b) Analyse the functions of the fat soluble vitamins A, D, E and K in the diet.

Examiner Only	
Marks	Remark

(c) “Dietary reference values are used by professionals in the healthcare sector.”

Source: Food Science, Nutrition and Health 7th Edition, Fox and Cameron, 2006

Explain the following terms.

Estimated Average Requirements (EARs)

[2]

Lower Reference Nutrient Intake (LRNI)

[2]

Reference Nutrient Intake (RNI)

[2]

(d) Explain why physical activity levels (PALs) affect an individual’s need for energy.

[2]

Examiner Only	
Marks	Remark

(b) Explain three ways the food group “bread, rice, potatoes and other starchy foods” meets the nutritional needs of adults.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

Examiner Only	
Marks	Remark

(d) Discuss the advice a dietician may give to individuals suffering from the following.

Lactose intolerance

_____ [3]

Coeliac disease

_____ [3]

Examiner Only	
Marks	Remark

- 3 (a) The Food Standards Agency is a government agency responsible for food safety and food hygiene.

Identify two pieces of legislation which apply to food storage, preparation and handling.

1. _____
_____ [1]

2. _____
_____ [1]

- (b) Discuss the importance of the following in the preparation of food.

Cross contamination

_____ [3]

Temperature control

_____ [3]

Examiner Only	
Marks	Remark

(c) Complete the table below to demonstrate your knowledge of food poisoning.

Name of food poisoning bacteria	One symptom of food poisoning	One source of bacteria
[1]	[1]	[1]
[1]	[1]	[1]
[1]	[1]	[1]

[9]

(d) Discuss how each of the following stages of the Hazard Analysis Critical Control Point (HACCP) system aims to ensure the safe hygienic production of cooked chicken.

Identifying the critical control points (CCPs)

[3]

Examiner Only	
Marks	Remark

Specifying control procedures

[3]

Monitoring control procedures

[3]

Examiner Only	
Marks	Remark

(e) Pinehaven Residential Home for older people aims to provide a nutritious and balanced diet for its residents.

Analyse how physiological, economic and cultural factors may influence the choice of food offered to residents.

A series of horizontal lines provided for the candidate to write their answer.

Examiner Only	
Marks	Remark

(f) Discuss older people’s need for water and how it may be met by the staff at Pinehaven.

Examiner Only	
Marks	Remark

Examiner Only	
Marks	Remark

[9]

THIS IS THE END OF THE QUESTION PAPER

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