



Rewarding Learning

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General Certificate of Education

2015

Centre Number

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Candidate Number

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# Health and Social Care

Assessment Unit A2 15

*assessing*

Unit 15: Human Nutrition and Dietetics



A6H71

[A6H71]

**TUESDAY 9 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(e)**, **2(f)**, **3(c)** and **3(e)**.

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	
<b>Total Marks</b>	

1 Joan who is 45 years old recently attended her G.P. as she is concerned about her health. She had impaired glucose tolerance when she was pregnant with her first child. She is overweight and takes little exercise.

(a) Identify three risk factors from the scenario which may lead to Joan developing Type 2 diabetes.

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

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

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

(b) Diabetes affects over 75,000 adults in Northern Ireland. The Public Health Agency (PHA) is encouraging everyone to become aware of how Type 2 diabetes can be prevented by recognising the symptoms.

List three symptoms of Type 2 diabetes.

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

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

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

(c) Discuss three pieces of dietary advice which may be given by a specialist nurse on the management of diabetes.

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\_\_\_\_\_ [3]

Examiner Only	
Marks	Remark

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 \_\_\_\_\_ [3]

3. \_\_\_\_\_  
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 \_\_\_\_\_ [3]

(d) The two types of carbohydrates that provide dietary energy are sugars and starches. Complete the table below to identify different examples of each type.

Carbohydrates	Starches	Sugars
Natural	_____ [1]	_____ [1]
Refined	_____ [1]	_____ [1]
	_____ [1]	_____ [1]

[6]

Marks	Remark



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[9]

Examiner Only	
Marks	Remark

- 2 Anne, aged 30, lives in the country with her partner John, aged 34, who is recovering from surgery. The table below shows Anne’s dietary intake of calcium and iron and the Dietary Reference Values (DRVs) for females 18–54.

Nutrient	Anne’s daily intake	Dietary Reference Values (DRVs) for females aged 18–54
Calcium	641mg	700mg
Iron	10mg	15mg

- (a) Explain the impact on Anne’s health if her intake of the two nutrients remains at their current level.

Calcium

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[2]

Iron

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[2]

- (b) Milk and dairy products are the main source of calcium in the diet. Name one other rich dietary source of calcium.

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[1]

- (c) Explain why Anne has been advised to combine Vitamin C with her intake of iron.

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[2]

Examiner Only	
Marks	Remark

**(d)** Discuss how the following three factors affect John's Basal Metabolic Rate (BMR).

Age

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[3]

State of health

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[3]

Gender

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[3]

Examiner Only	
Marks	Remark









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[15]

Examiner Only

Marks	Remark
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3 Food poisoning is an illness that occurs after eating contaminated food.

(a) Name one high risk food likely to cause food poisoning.

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

(b) Identify two groups of individuals who are particularly at risk from food poisoning.

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

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

(c) Food can become contaminated during storage, preparation or handling.

Discuss safe practice when using high risk foods.

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Examiner Only	
Marks	Remark



**(d)** Discuss how the following factors may influence a parent’s choice of food when doing the weekly shopping for the family.

Advertising

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\_\_\_\_\_ [3]

Economic factors

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\_\_\_\_\_ [3]

Knowledge

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\_\_\_\_\_ [3]

Examiner Only	
Marks	Remark







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**THIS IS THE END OF THE QUESTION PAPER**

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