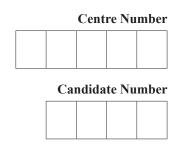


General Certificate of Education

2016



Health and Social Care

Assessment Unit A2 15

assessing

Unit 15: Human Nutrition and Dietetics



[A6H71] WEDNESDAY 8 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), 2(e), 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	

000	d poisoning, strict standards of hygiene must be maintained.		
a)	State one condition needed for bacteria to grow.		
		[1]	
b)	Discuss how each of the following promotes good hygiene practices when handling food.		
	Thorough and frequent hand washing		
		[3]	
	Covering cuts and grazes	F- 3	
	covering cats and grazes		
		[3]	
	Keeping nails short and nail varnish free		

Good kitchen design can reduce the risk of food poisoning in early years settings. Analyse how the design features outlined in the Food Safety (General Food Hygiene) Regulations 1995 can prevent the growth of bacteria in kitchens.		Examine Marks	R
510 Wall of Ouctoria ill Kitchells.			
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			er Only
		Marks	Remark
	[9]		
A range of factors influence why people choose a particular food.			
Explain how one psychological factor may affect food choices.			
	[0]		
	[2]		

(d)

2 (a) Complete the table below by identifying two functions and a rich source for each mineral.

Examiner Only				
Marks	Remark			

MINERAL	FUNCTIONS	RICH SOURCE
Fluorine	1	
	[1]	
	2	
	[1]	[1]
Zinc	1	
	[1]	
	2	
	[1]	[1]
Magnesium	1	
	[1]	
	2	
	[1]	[1]

[9]

Discuss the importance of the following nutrients in the diet.			er Only
Calcium		Marks	Remari
	[3]		
Vitamin C			
	[3]		
	_ [~]		
Identify two groups of people who are at particular risk of anaemia			
	_ [1]		
Write down three symptoms of anaemia.			
1	_ [1]		
2	[1]		
3.	Г11		

It is suggested that many adolescents have poor diets. Analyse the current dietary advice for adolescents according to the eatwell plate.	Examine Marks	er F

		Examine	
	N	larks	Remark
·			

	Examin	er Only
	Marks	Remark
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[15]		
[15]		

	ex, aged 35, and Debbie, aged 33, are foster parents to eight year old twis Molly and Eva. Alex's family have a history of cardiovascular disease		Examine Marks	er Only Remark
	art disease and stroke in Northern Ireland can be prevented by people nging their diets.			
(a)	Explain how the following factors may affect Debbie's energy requirements.			
	Age			
		_		
		_		
	Gender [2	2]		
		_		
		_		
		- 2]		

Arroilabilita		
Availability		
	[3]	
Labelling		
and of this part of the same o		
	[2]	
	[3]	

Discuss two dietary choices Alex could make to reduce his risk of heart disease.	Examir Marks	ner C
1		
[3]		
2		
[3]		
Identify one main source of fat in the diet.		
[1]		

Analyse the risks to health of eating excess fat.	Examine Marks

		er Only
	Marks	Remark
[9]		

were assessed as obese. The Parent Teachers Association [PTA] in the twins' school has invited a dietetian to give a talk on reducing the risk		Examine Iarks
reduce the risk of obesity in their children.		
	twins' school has invited a dietetian to give a talk on reducing the risk of obesity. Analyse the dietary advice the dietetian may give parents to	were assessed as obese. The Parent Teachers Association [PTA] in the twins' school has invited a dietetian to give a talk on reducing the risk of obesity. Analyse the dietary advice the dietetian may give parents to

	_	Marks	Remark
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