



General Certificate of Education

Health and Social Care 8623

Advanced Subsidiary Double Award

HC05 Nutrition and Dietetics

Report on the Examination

2007 examination - January series

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HC05 Nutrition and Dietetics

As with previous papers a good range of candidate performance was evident with very few low-scoring scripts. Overall candidates demonstrated that they had been well prepared for the test and there was little if any evidence of candidates having insufficient time to complete the questions. As previously, higher scoring candidates demonstrated the ability to use technical terminology accurately and provided depth and detail in their responses. Weaker candidates tended to offer less detailed responses.

Question 1

The majority of candidates scored well in part ai) but weaker candidates often gave responses related to starch intake rather than non-starch polysaccharides (NSP). As a result, weaker answers appeared in aii) where two different foods needed to be suggested in order to improve Cherie's diet. Some candidates failed to gain marks here by offering too vague responses e.g. bread rather than wholemeal bread. The vast majority of candidates scored well in bi) with protein and fat the most common responses. In bii) most candidates gained the majority of marks with answers based on Carbon, Hydrogen and Oxygen. Candidates who gave the symbols CHO rather than naming the elements gained only one of the three marks available.

Question 2

In part ai) the majority of candidates recognised that Freddie's diet was lacking in Vitamin B3 and Calcium. Weaker candidates, however, tended to suggest that his Vitamin C intake was excessive despite it being only 1mg above the Dietary Reference Value (DRV). Responses in part aii) were slightly better than those of previous papers, but this type of question does challenge candidates' knowledge of micronutrients and confusion between different micronutrients is common. The vast majority of candidates gained the mark available in b), knowing that Vitamin D can be manufactured in the body by the action of sunlight on the skin. More able candidates understood that phytochemical intake benefits included protection against certain diseases e.g. cancer, hypertension, but weaker candidates confused phytochemical benefits with those of vitamins and minerals.

Question 3

In part a) vegetarian and vegan diets were well understood by the vast majority but candidates found part b) far more challenging. A majority of candidates, however, gained at least two of the three marks available in bi) by describing the need for increased intake especially relating to protein and Vitamin B9 (Folic Acid). Part bii) proved challenging for many candidates. Few understood that metabolic rate changes at different ages or that intake needs to increase as body mass increases. Diabetes in part biii) tended to be better understood with the more able candidates offering detailed responses relating to both types of diabetes, control of carbohydrate intake and glycogen production. Weaker candidates sometimes confused carbohydrate intake with that of fat and a small minority linked diabetes and salt intake. Generally part c) was well answered with examples given to gain both marks available.

Question 4

In part a) more able candidates scored well by considering the data in the table both from 2003 to 2004 and between the three different sources of food poisoning in each year i.e. looking at the data in the table both 'horizontally' and 'vertically'. Weaker candidates tended to restrict themselves to comparisons between 2003 and 2004 for the individual sources of food poisoning and consequently tended to gain only three of the seven marks available. Overall responses in

all three parts of b) were sound, recognising the roles of microbes in terms of reproduction and transfer to cause illness. Weaker candidates generally failed to recognise the role vermin such as rats and mice may play in spreading disease from bins (biii). The transfer of microbes in this scenario was often vague with some weaker candidates suggesting airborne transfer generated by the microbes themselves. Part c) was well answered with candidates often gaining full marks for successfully identifying client groups vulnerable/at high risk from food poisoning.

Mark Ranges and Award of Grades

Grade boundaries and cumulative percentage grades are available on the [Results statistics](#) page of the AQA Website