

General Certificate of Education  
June 2007  
Advanced Subsidiary Examination

**HEALTH AND SOCIAL CARE  
Unit 5 Nutrition and Dietetics**

**HC05**



Friday 8 June 2007 9.00 am to 10.30 am

**For this paper you must have:**

- an 8-page answer book.

Time allowed: 1 hour 30 minutes

**Instructions**

- Use blue or black ink or ball-point pen.
- Write the information required on the front of your answer book. The *Examining Body* for this paper is AQA. The *Paper Reference* is HC05.
- Answer **all** questions.
- Do all rough work in the answer book. Cross through any work you do not want to be marked.

**Information**

- The maximum mark for this paper is 60.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in answers written in continuous prose.

Answer **all** questions.

Each question carries 15 marks.

1 Ali is twelve years old. He overeats and his diet is high in monosaccharide and disaccharide sugars but low in amino acids.

- (a) Explain the likely effect on Ali's health if he continues to eat a diet which is:
- (i) high in monosaccharide and disaccharide sugars; *(3 marks)*
  - (ii) low in amino acids. *(3 marks)*
- (b) Suggest **three** named foods Ali could eat to increase the amino acid content of his diet. *(3 marks)*
- (c) (i) Describe the basic chemical composition of monosaccharide and disaccharide sugars. *(4 marks)*
- (ii) Name **one** example of:
- a monosaccharide sugar;
  - a disaccharide sugar. *(2 marks)*

2 Dora is 70 years old. Her typical daily intake gave the results shown in the table below. The Dietary Reference Values (DRVs) for females aged 55-74 years old are also shown.

	<b>Dora's typical daily intake</b>	<b>Dietary Reference Values (DRVs) Females aged 55-74</b>
Energy	8.2MJ	8.0MJ
Iron	7.1mg	10.0mg
Vitamin A	648µg	750µg

- (a) (i) What conclusions can be drawn about Dora's typical daily intake from the information in the table above? *(3 marks)*
- (ii) Explain the likely effects on Dora if her intake remains at these levels. *(6 marks)*
- (b) Suggest, with reference to named foods, **two** different ways to improve Dora's diet. *(4 marks)*
- (c) Suggest **two** different factors other than age which help to determine the dietary needs of a female adult. *(2 marks)*

3 Antioxidants are one type of food additive.

- (a) (i) Give **one** reason why antioxidants are added to foods. *(1 mark)*
- (ii) Name **three** different types of food additive. Give a different reason why each is added to foods. *(6 marks)*

(b) Maurice is a Jewish male who suffers from coeliac disease.

Explain the dietary implications for Maurice of:

- (i) being Jewish; *(4 marks)*
- (ii) having coeliac disease. *(4 marks)*

4 A study of poor hygiene and food storage practices produced the results shown in the table below.

Type of Poor Practice	Number of recorded incidents
Use of dirty cutlery and crockery	3
Storing food at an incorrect temperature	9
Using foods/food products when 'out of date'	19
Using unclean food preparation work surfaces	38

- (a) (i) What conclusions can be drawn from the information in the table above? *(4 marks)*
- (ii) Suggest **two** different reasons for the varying number of recorded incidents of the four types of poor practice. *(2 marks)*
- (b) Give **two** different client groups who are at high risk from poor food hygiene and food storage practices. *(2 marks)*
- (c) Explain why the following are good practices when preparing food:
- (i) tying back long hair and covering it with a cap *(2 marks)*
- (ii) thoroughly defrosting frozen foods prior to cooking *(3 marks)*
- (iii) removing rings from fingers and then washing hands. *(2 marks)*

**END OF QUESTIONS**

**There are no questions printed on this page**