



General Certificate of Education
Advanced Subsidiary Examination

Health and Social Care

HC05

Unit 5 Nutrition and Dietetics

Specimen paper for examinations in June 2010 onwards

This question paper uses the new numbering system and new AQA answer book

For this paper you must have:

- an AQA 8-page answer book.

Time allowed

- 1 hour 30 minutes

Instructions

- Use black ink or black 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 that you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 60.
- You will be marked on your ability to:
 - use good English
 - organise information clearly
 - use specialist vocabulary where appropriate.

Answer **all** questions.

There are 15 marks for each question.

Question 1

Martin is 50 years old. His diet is high in saturated fats and low in protein. Martin has been advised to alter his diet to replace saturated fats with unsaturated fats.

Explain the likely effects on Martin's health and development if he continues to eat a diet which is:

- 0 1** high in saturated fats (4 marks)
- 0 2** low in protein. (3 marks)
- 0 3** Name **one** type of food with a high saturated fat content. (1 mark)
- 0 4** Name **one** type of food with a high unsaturated fat content. (1 mark)
- 0 5** Mono-unsaturated fats are one type of unsaturated fat. Name another type of unsaturated fat and explain how this is different from a mono-unsaturated fat. (2 marks)
- 0 6** Describe the basic chemical composition of protein. (4 marks)

Question 2

Ayesha is a 20-year-old female. Her typical dietary intake of three micronutrients is shown in the table below. The Dietary Reference Values (DRVs) for females aged 19–30 years old are also shown.

Micronutrient	Ayesha's typical daily intake	Dietary Reference Values Females 19–30 years
Vitamin B9 (folic acid)	405 µg	400 µg
Iodine	120 mg	210 mg
Iron	7 mg	12 mg

- 0 7** What conclusions can be drawn about Ayesha's daily intake of the three food components? (3 marks)
- 0 8** Explain the likely effects on Ayesha if her intake of the three micronutrients remains at these levels. (6 marks)

0 9 Name **one** type of food in each case which is a good source of:

- Vitamin B9 - Folic acid
- iodine
- iron.

(3 marks)

1 0 Outline how a person's level of physical activity may affect dietary requirements.

(3 marks)

Question 3

Explain the dietary implications of:

1 1 following the Jewish religion

(4 marks)

1 2 being diabetic.

(4 marks)

1 3 With reference to **two** common examples, explain what is meant by food allergies.

(5 marks)

1 4 Give **two** different reasons why antioxidants may be added to foods.

(2 marks)

Question 4

A study of food poisoning outbreaks produced the data shown in the table below.

Cause of outbreak	Number of reported cases
Food prepared too far in advance and kept at room temperature	143
Undercooking food	71
Not reheating food to a high enough temperature	42
Cross-contamination	78
Poor personal hygiene of food handlers	27

1 5 What conclusions can be drawn from the data in the table?

(6 marks)

1 6 Explain how undercooking food can cause food poisoning.

(4 marks)

1 7 Suggest **two** different personal hygiene rules for food handlers.

(2 marks)

1 8 Give **three** different client groups who are at high risk from food poisoning.

(3 marks)

END OF QUESTIONS

There are no questions printed on this page