



General Certificate of Education

Health and Social Care 8621/8623

HC05 Nutrition and Dietetics

Report on the Examination

June examination - 2009 series

This Report on the Examination uses the [new numbering system](#)

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HC05: Nutrition and Dietetics

General Comments

A pleasing range of marks demonstrating sound candidate performance was evident on this paper with very few low scoring scripts. Candidates indicating 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. Higher scoring candidates demonstrated the ability to use technical terminology accurately and provided good depth and detail in their responses. Weaker candidates tended to offer vague, less detailed responses.

Question 1

0	1
---	---

to

0	6
---	---

The majority of the candidates understood the significant effects of a diet high in saturated fats and low in protein in questions

0	1
---	---

and

0	2
---	---

In questions

0	3
---	---

to

0	5
---	---

weaker candidates confused saturated and unsaturated fats with each other or with other food groups such as carbohydrates. The difference between mono-unsaturated fats and poly-unsaturated fats was well known and most candidates gained at least two of the four marks available by knowing the elements in protein.

Question 2

0	7
---	---

to

1	0
---	---

Most candidates recognized that Ayesha's diet contained too little Iodine and Iron. Weaker candidates suggested that the diet contained an excess of Folic acid. As on previous papers, question

0	8
---	---

which required candidates to explain the likely effects of the dietary components at these levels proved more challenging. Iron was generally well understood, vitamin B9 less well known, with Iodine least well understood. In question

1	0
---	---

the majority understood how physical activity levels impact on dietary requirements.

Question 3

1	1
---	---

to

1	4
---	---

In questions

1	1
---	---

and

1	2
---	---

there were many good answers relating to the dietary implications of being Jewish, but answers on diabetes were less secure. Weaker candidates confused the cause, e.g. involving salt c.f. sugar and/or misunderstood the basic need to control intake of carbohydrate, in whatever form, in order to maintain blood sugar levels. More able candidates understood the need to eat controlled amounts at regular intervals.

Food allergies were well known and the majority scored half marks or more in question

1	3
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Antioxidants were less well known with weaker candidates offering vague responses based on food preservation.

Question 4

1	5
---	---

to

1	8
---	---

Candidates generally were able to gain at least four of the six marks in question

1	5
---	---

for straightforward data manipulation. More able candidates scored well by offering reasoned responses relating to the differences in incidence of the causes of food poisoning.

In question

1	6
---	---

most candidates understood that microbial activity can build up large numbers of pathogens if food is undercooked and personal hygiene rules were well known. Some weaker candidates however suggested general hygiene rather than personal hygiene suggestions.

Client groups who are at high risk from food poisoning were very well known.
