



General Certificate of Education

**Health and Social Care
8621/8623/8626/8627/8629**

HC05 Nutrition and Dietetics

Report on the Examination

June 2010

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Set and published by the Assessment and Qualifications Alliance.

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HC05 Nutrition and Dietetics

The pattern of candidates' performance on this paper was broadly similar to that of previous years. This year, however, there appeared to be a slight increase in the number of weaker scripts. There did not appear to be any evidence that candidates had insufficient time to complete the paper and the vast majority of candidates attempted all parts of all questions. As in previous years, weaker candidates often produced vague responses lacking in detail, reasoning and the appropriate use of technical language. Higher ability candidates tended to produce more detailed responses which were coherently reasoned to gain more marks.

Question 1

01 Weaker candidates tended to confuse non-starch polysaccharides (NSP) with other carbohydrates and consequently failed to gain marks as they gave answers which suggested that Marina would gain an excess of energy.

02 This was generally answered better with the majority of candidates gaining at least two of the three marks available for their understanding of a low fat dietary intake.

03 Most candidates were able to suggest at least one type of food which is high in NSP

04 The majority knew that NSP belong to the carbohydrate group.

05 Weaker candidates were often vague and repetitive when attempting to explain the differences between unsaturated and saturated fats. These candidates tended to gain only one or two of the four marks available usually for explaining the differences in hydrogen content and presence or absence of double bonds.

06 The majority of candidates gained one of the two marks by suggesting Marina's cholesterol levels would be unaffected or that she was at less risk of heart disease if she followed the advice offered.

Question 2

07 Weaker candidates tended to gain the mark for recognizing the calcium deficiency but tended to suggest that the vitamin C intake was only slightly deficient and/or that the Vitamin B3 intake was in excess.

08 This produced a wide range of candidate performance with some good detailed responses from the higher ability candidates scoring four or more marks. Weaker candidates tended only to gain the marks available for explaining the effects on bones and teeth of the Calcium deficiency.

09 This produced a significant number of responses gaining full marks by explaining the role of water in body temperature regulation, digestion, joint lubrication, chemical reactions and/or transport of substances within the body.

10 Weaker candidates tended to confuse phytochemicals with food additives.

Question 3

11 Candidates generally had a good understanding of the dietary implications of being a vegan.

12 They tended to be less secure on the dietary implications of a very physically active lifestyle.

13 Weaker candidates tended to confuse coeliac disease with allergies in.

14, 15 and 16 Emulsifiers and preservatives were well understood by the majority of candidates, but nutritional values proved more challenging for many.

Question 4

17 The majority of candidates were able to gain at least two of the marks available by successfully drawing conclusions from the data on food allergies presented in the table.

18 This proved more challenging with many candidates either failing to score or gain only one of the three marks available. Where one mark was gained this tended to be for suggesting the variation in numbers of reported cases was a result of the severity or not of the symptoms leading to whether the case was reported or not.

19, 20 and 21 As on previous papers candidates' understanding of food hygiene procedures was generally sound and many gained high marks.

22 The majority of candidates gained both marks by identifying individuals recovering from illness and/or individuals with reduced immunity and/or pregnant women as groups who are at high risk from food poisoning.

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