



General Certificate of Education
Advanced Subsidiary Examination
June 2011

Health and Social Care

HC05

Unit 5 Nutrition and Dietetics

Friday 20 May 2011

9.00 am to 10.30 am

For this paper you must have:

- a 12-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 your answer book. Cross through any work 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

Eddie is 80 years old. He does not eat enough food and his diet is particularly low in proteins and fats.

- 0 1** Explain the likely health problems for Eddie if he continues to eat a diet which is low in protein. *(4 marks)*
- 0 2** Explain the likely health problems for Eddie if he continues to eat a diet which is low in fats. *(3 marks)*
- 0 3** Name **one** food which would increase both the protein and the fat content of Eddie's diet. *(1 mark)*
- 0 4** Name **three** types of fat. *(3 marks)*
- 0 5** Outline the differences in the chemical composition of the three types of fat you have named in **0 4**. *(4 marks)*

Question 2

- 0 6** Alice is 20 years old. Her typical daily intake of three food components is shown in the table below. The Dietary Reference Values (DRVs) for females aged 19–50 years are also shown below.

| Food Component | Alice's typical daily intake | Dietary Reference Values Females 19–50 years |
|----------------------|------------------------------|--|
| Vitamin C mg | 41 | 40 |
| Iron mg | 6.5 | 10 |
| Iodine μg | 55 | 120 |

- What conclusions can be drawn about Alice's typical daily intake of the three food components? *(3 marks)*
- 0 7** Explain the likely effects on Alice if her intake of the three food components remains at these levels. *(6 marks)*
- 0 8** Suggest **two** foods which would help to improve Alice's diet. For each food clearly indicate how it would help. *(4 marks)*
- 0 9** Give **two** benefits Alice would gain from cholesterol in her diet. *(2 marks)*

Question 3

- 1 0** Name **two** different types of food additives and give a different reason why each is used. (4 marks)
- 1 1** Explain what is meant by the nutritional value of foods. (3 marks)
- 1 2** Explain what is meant by palatability of foods. (3 marks)
- 1 3** Name **two** factors, apart from nutritional value and palatability that should be considered when dietary planning. (2 marks)
- 1 4** Briefly outline what is meant by lactose intolerance. (3 marks)

Question 4

- 1 5** A study of food allergies in children and adults in a local community produced the information shown in the table below.

| Cause of allergic reaction | Percentage of children who have allergic reactions | Percentage of adults who have allergic reactions |
|----------------------------|--|--|
| Food 1 | 2.1 | 1.0 |
| Food 2 | 1.0 | 0.9 |
| Food 3 | 0.8 | 0.4 |

Discuss this information in terms of possible reasons for the similarities and differences in the percentage of figures. (6 marks)

- 1 6** Name **three** common foods which can cause allergic reactions in some individuals. (3 marks)
- 1 7** Explain how cleaning food preparation work surfaces with hot water and detergent helps to prevent food poisoning. (3 marks)
- 1 8** Explain how cooking food at high temperatures for a sufficient length of time helps to prevent food poisoning. (3 marks)

END OF QUESTIONS

There are no questions printed on this page