



Rewarding Learning

ADVANCED
General Certificate of Education
2013

Centre Number

71

Candidate Number

Health and Social Care

Assessment Unit A2 15

assessing

Unit 15: Human Nutrition and Dietetics

[A6H71]

THURSDAY 20 JUNE, AFTERNOON



A6H71

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.

Answer **all three** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Quality of written communication will be assessed in questions

2(c), (d), and 3(e).

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

For Examiner's use only

Question Number	Marks
1	
2	
3	

Total Marks

BLANK PAGE

- 1 (a) Complete the table below to include two functions and a rich source of each of the nutrients.

Nutrient	Functions	Source
Fat	1. _____ _____ [1]	_____ [1]
Riboflavin	1. _____ _____ [1]	_____ [1]
Vitamin D	1. _____ _____ [1]	_____ [1]

[9]

Examiner Only

Marks Remark

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- (b) It has been recommended by the Chief Medical Officer that all women planning to become pregnant should increase their folate (folic acid) intake.

Discuss why the above recommendation has been made.

[3]

- (c) Pauline is 68 years old. The table below shows Pauline's daily intake of energy, iron and protein and the Department of Health's Reference Nutrient Intakes (RNIs) for women aged 65–74.

Nutrient	Pauline's daily intake	Dietary Reference Values (DRVs) Female aged 65–74
Energy	8.0MJ	7.96MJ/day
Iron	7.1mg/day	8.7mg/day
Protein	35.7g/day	46.5g/day

Source: *The Science of Food*, P.M. Gaman K.B. Sherrington, 1996

- (i) Write down three factors that may influence Pauline's requirements for energy.

1. _____ [1]
2. _____ [1]
3. _____ [1]

Examiner Only	
Marks	Remark

(ii) Discuss the impact on Pauline's health if her intake of the three nutrients remains at their current level.

Energy

 [3]

Iron

 [3]

Protein

 [3]

Examiner Only	
Marks	Remark

(d) Ryan, aged 12, visits his grandmother Pauline every week and stays for lunch. Pauline always makes Ryan his favourite pasta dish followed by a treat of sweets and a fizzy drink.

This meal is comprised of carbohydrates, both starch and sugars.

Discuss how these two types of carbohydrates may affect Ryan's health.

Starch

Examiner Only	
Marks	Remark

2 Tania, aged 34, has a son Isaac, aged 3, and a daughter Judith, aged 15. She is very keen that her children have a healthy diet.

(a) Using the headings below, discuss the dietary advice Tania should consider when planning meals for her son Isaac.

Milk and dairy

[3]

Fruit and vegetables

[3]

Foods high in fat and sugar

[3]

Examiner Only	
Marks	Remark

(b) The daily recommended maximum salt intake for children aged 1–3 is 2g.

Write down three tips for reducing children's salt intake.

1. _____ [1]

2. _____ [1]

3. _____ [1]

(c) Recent studies suggest there is an increasing tendency for teenagers, particularly girls, to control their weight.

Judith is very conscious about her body shape and size and over the past six months has been skipping meals and has lost a considerable amount of weight. Tania is concerned that Judith may be suffering from anorexia nervosa.

Discuss the potential effects of anorexia nervosa on Judith.

Examiner Only	
Marks	Remark

(c) Using the following headings, discuss the procedures which the canteen staff should follow to ensure optimum standards are maintained when storing food.

Stock rotation

[3]

Temperature control

[3]

Examiner Only	
Marks	Remark

(d) Most of the older people who attend the day centre cook for themselves at the weekend.

Discuss how the following factors may influence an older person's food choice.

Labelling

[3]

Availability

[3]

Examiner Only	
Marks	Remark

[Turn over

(e) The number of older adults in the world is growing. The greatest challenge over the coming years will be maintaining the health of this increasing number of older adults.

Analyse the nutritional needs of older people and the risks to their health should their nutritional needs not be met.

Examiner Only	
Marks	Remark

Examiner Only	
Marks	Remark

[15]

THIS IS THE END OF THE QUESTION PAPER

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