



Rewarding Learning

ADVANCED

General Certificate of Education

2016

Centre Number

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Candidate Number

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# Health and Social Care

Assessment Unit A2 15

*assessing*

Unit 15: Human Nutrition and Dietetics



A6H71

[A6H71]

**WEDNESDAY 8 JUNE, MORNING**

### 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 **1(c)**, **2(e)**, **3(e)** and **3(f)**.

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	

<b>Total Marks</b>	
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1 In recent years a number of food poisoning outbreaks in early years settings, some causing death, have attracted publicity. In order to prevent food poisoning, strict standards of hygiene must be maintained.

(a) State one condition needed for bacteria to grow.

\_\_\_\_\_ [1]

(b) Discuss how each of the following promotes good hygiene practices when handling food.

Thorough and frequent hand washing

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ [3]

Covering cuts and grazes

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ [3]

Keeping nails short and nail varnish free

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ [3]

Examiner Only	
Marks	Remark







- 2 (a) Complete the table below by identifying two functions and a rich source for each mineral.

<b>MINERAL</b>	<b>FUNCTIONS</b>	<b>RICH SOURCE</b>
Fluorine	1	
	2	
		[1]
		[1]
Zinc	1	
	2	
		[1]
		[1]
Magnesium	1	
	2	
		[1]
		[1]

[9]

Examiner Only	
Marks	Remark

(b) Discuss the importance of the following nutrients in the diet.

Calcium

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[3]

Vitamin C

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[3]

(c) Identify two groups of people who are at particular risk of anaemia.

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[1]

[1]

(d) Write down three symptoms of anaemia.

1. 

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2. 

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3. 

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[1]

[1]

[1]

Examiner Only

Marks	Remark
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Blank lined area for student response.

Examiner Only

Marks Remark

Table for Examiner Only with columns for Marks and Remark.

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[15]

Examiner Only	
Marks	Remark

3 Alex, aged 35, and Debbie, aged 33, are foster parents to eight year old twin girls Molly and Eva. Alex's family have a history of cardiovascular disease.

Heart disease and stroke in Northern Ireland can be prevented by people changing their diets.

(a) Explain how the following factors may affect Debbie's energy requirements.

Age

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 [2]

Gender

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 [2]

Examiner Only	
Marks	Remark

(b) Discuss how each of the following factors may influence Alex and Debbie's choices when food shopping for the family.

Availability

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[3]

Labelling

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[3]

Examiner Only	
Marks	Remark

**(c)** Discuss two dietary choices Alex could make to reduce his risk of heart disease.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

**(d)** Identify one main source of fat in the diet. \_\_\_\_\_ [1]

Examiner Only	
Marks	Remark











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**THIS IS THE END OF THE QUESTION PAPER**

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