



**General Certificate of Education (A-level) Applied
January 2011**

Health and Social Care

HC05

**(Specification
8621/8623/8626/8627/8629)**

Unit 5: Nutrition and Dietetics

Report on the Examination

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General comments

Candidates' performance on this paper was similar to that of previous years. The more able candidates produced accurate and detailed responses while weaker candidates tended to give vague answers lacking in the technical detail necessary to gain high marks. With the exception of parts 13 and 14, all questions proved to be accessible to the vast majority of candidates.

Comments on specific questions

Question 1

01 The vast majority of candidates was able to gain both marks by successfully naming carbohydrates and fats.

02 Many candidates gained both marks for offering carbohydrates as an energy source and fats for insulation or energy storage.

03 This proved to be more challenging, but most were able to gain marks for explaining the risks associated with high fat content.

04 This was evaluation question and proved to be the most demanding. Less able candidates often restricted their answers to the benefits of fish as a protein source. They did not always relate this to Gina's diet. More able candidates considered the impact fish oils may have in Gina's diet, but often did not include the impact of adding to the fat content of her diet. The idea that fish by itself would not "balance" Gina's diet was included in some of the better responses. Generally the more technical responses were explained and reasoned well.

Question 2

05 Most candidates were able to gain marks for the effects of low phosphorus intake on bones and teeth. The low vitamin B1 intake, however, proved more challenging for many candidates. Some weaker candidates considered the vitamin B1 intake to be sufficient while others confused their answers with vitamin A deficiency.

06 Non starch polysaccharides were generally understood well, with many candidates gaining marks for explanations covering its role in aiding digestion, bulking faeces and helping to prevent high blood cholesterol and/or over-eating. Some weaker responses confused NSP with carbohydrates.

07 The level of physical activity was the most popular choice to gain marks, with incorrect responses tending to focus on lifestyle choices rather than Ralph's dietary needs.

08 As a consequence, these candidates were unable to access the two marks available.

09, 10, Knowledge of foods as good sources of vitamin B1 and phosphorus were generally sound.

Question 3

11 Most candidates understood the dietary implications of gluten intolerance.

12 Candidates were far less secure on the dietary implications of Hindu religious beliefs. Weaker responses tended to confuse Hindu dietary implications with Muslim and Jewish beliefs.

13, 14, Many candidates were able to gain at least four of the five marks available for knowledge of the nature and benefits of phytochemicals in the diet. Some weaker responses confused phytochemicals with food additives. These two questions were omitted by a small, but significant minority.

15 Antioxidants were generally understood well.

16 The vast majority gained at least one of the two marks available for food colouring. Relatively few candidates however, explained the role of food colouring in replacing natural colours lost during food processing.

Question 4

17 This question produced some well-reasoned responses for the similarities and differences in the number of reported food poisoning cases in the two times. Many clearly understood how the different age groups may be more or less susceptible to food poisoning according to the relative strengths of the immune systems. More able candidates included considerations of the two towns being of different population size and/or with different proportional numbers in the age groups and/or possible differences in the type of food poisoning prevalent in each case.

18 Many candidates considered the main danger of smoking to be the cigarette ash rather than the coughing and touching of the mouth which is likely to transfer harmful microbes.

19 Most gained one or two marks in the final part of the paper for answers relating to the destruction of microbes and the reduced transfer to plates and cutlery. Relatively few, however, explained that dishcloths left warm and wet are ideal breeding conditions for microbes and, therefore, need regular decontamination.

Mark Ranges and Award of Grades

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