



Rewarding Learning

ADVANCED
General Certificate of Education
2010

Centre Number

71

Candidate Number

Health and Social Care

Assessment Unit A2 15

assessing

Unit 15: Human Nutrition and Dietetics

[A6H71]

THURSDAY 24 JUNE, MORNING



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 **1(c)**, **1(d)**, **3(d)**, **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	

Total
Marks

1 Knockmore Health Centre has produced a leaflet for its patients, explaining the function and sources of vitamins. The leaflet advises that all individuals should ensure they include vitamin rich foods in their diet.

(a) Write down the **two** main groups that vitamins can be divided into. Give **one** example of a vitamin from each group.

Group 1: _____ [1]

Example: _____ [1]

Group 2: _____ [1]

Example: _____ [1]

(b) Complete the table below to include the chemical name, **two** functions and a rich source for each of the vitamins.

Vitamin	Chemical name	Two functions	A rich source
C		<ul style="list-style-type: none"> Maintains body's connective tissue Helps with iron absorption 	<ul style="list-style-type: none"> Citrus fruit
	[1]		
B2		<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
	[1]	[2]	[1]
D		<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
	[1]	[2]	[1]

[9]

Examiner Only	
Marks	Remark

(c) Knockmore Health Centre provides a range of different clinics that offer advice on how to achieve a healthy diet.

Analyse the role of vitamins and minerals in the diet of Rebecca, who is 3 months pregnant.

Examiner Only	
Marks	Remark

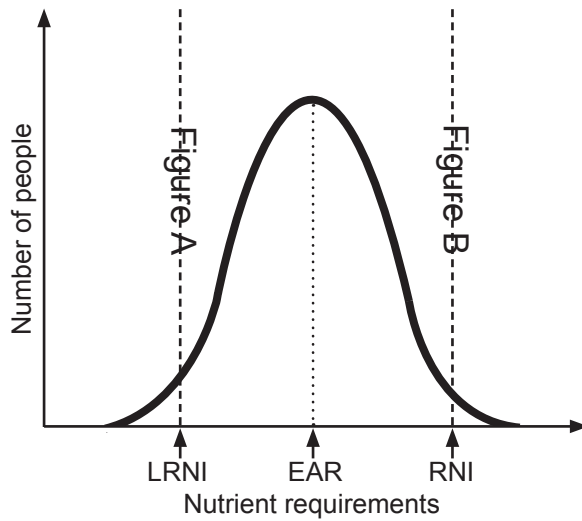
[9]

(d) Archie, aged 54, attends Knockmore Health Centre as he suffers from hypertension. The dietician advises Archie of ways he could reduce his salt intake.

Analyse the advice given by the dietician.

Examiner Only	
Marks	Remark

- 2 A local hospital uses DRVs to analyse the carbohydrate intake of a group of adolescents aged 13–17 years. The hospital has drawn up the table below showing the reference nutrient and lower reference nutrient intake. They use a normal distribution curve to plot their results.



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- (a) Samuel (Figure A above) has a carbohydrate intake within the LRNI range. David (Figure B above) has an intake within the RNI range.

Discuss the following terms in relation to Samuel and David's carbohydrate intake.

LRNI

[3]

Examiner Only	
Marks	Remark

RNI

[3]

(b) The hospital study revealed that adolescents have a high sugar intake.

Explain the following terms.

Intrinsic sugars

[2]

Extrinsic sugars

[2]

Examiner Only	
Marks	Remark

(c) Lydia, aged 17, was advised by the hospital to reduce the amount of non-milk extrinsic sugars (NMES) in her diet.

Discuss one reason why NMES contribute to dental caries.

[3]

(d) Discuss two reasons why adolescents are advised to increase their intake of starchy foods.

1. _____

[3]

2. _____

[3]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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