



Rewarding Learning
ADVANCED
General Certificate of Education
2017

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]

WEDNESDAY 7 JUNE, MORNING

MV18

Time

2 hours, plus your additional time allowance.

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(d)**, **1(f)**, **2(d)** and **3(d)**.

Figures in brackets printed at the end of each question indicate the marks awarded to each question or part question.

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- 1 (a) Discuss how physical activity levels (PALs) affect an individual's energy requirements. [3 marks]

- (b) Complete the table below to include one function and one rich source of each of the following nutrients in an adult's diet.

Nutrient	Function	Rich Source
Vitamin A	[1 mark]	[1 mark]
Vitamin B6	[1 mark]	[1 mark]
Fats	[1 mark]	[1 mark]

(e) Schools in Northern Ireland are required to develop and implement a whole school food policy. Discuss how the following food groups can meet the nutritional needs of primary school children.

Bread, rice, pasta, potatoes and other starchy foods
[3 marks]

Milk and dairy products [3 marks]

2 (a) Pathogens cause illnesses and are responsible for most cases of food poisoning. List three signs or symptoms of food poisoning. [1 mark for each sign or symptom]

- 1. _____
- 2. _____
- 3. _____

(b) Explain how the following factors affect the growth of food poisoning bacteria.

Temperature [2 marks]

Time [2 marks]

3 Peter, a dentist, and his partner Rachel are parents to two children and are expecting their third baby. Peter has coeliac disease.

(a) (i) Explain what is meant by coeliac disease.
[2 marks]

(ii) List four foods that Peter should avoid.
[1 mark for each food]

1. _____

2. _____

3. _____

4. _____

(c) Peter gives his patients advice on the relationship between diet and oral health.

Explain three dietary factors associated with poor oral health. [2 marks for each factor]

1. _____

2. _____

3. _____

THIS IS THE END OF THE QUESTION PAPER

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Question Number	Marks
1	
2	
3	
Total Marks	

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