



Rewarding Learning
ADVANCED
 General Certificate of Education
 2012

Centre Number

71

Candidate Number

Health and Social Care

Assessment Unit A2 15

assessing

Unit 15: Human Nutrition and Dietetics

[A6H71]

THURSDAY 14 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(e)**, **2(e)** and **3(d)**.

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 (a) Complete the table below to include two functions and one source for each of the minerals.

Mineral	Functions	Source
Fluorine	1. _____ _____ 2. _____ _____	_____
Zinc	1. _____ _____ 2. _____ _____	_____
Magnesium	1. _____ _____ 2. _____ _____	_____

[9]

Examiner Only	
Marks	Remark

(b) Explain the importance of the following vitamins in the diet.

Vitamin A

[2]

Vitamin C

[2]

(c) The human body is nearly two thirds water. Experts recommend we drink 1–2 litres (6–8 glasses) of fluid per day.

Source www.nutrition.org.uk healthy hydration guide Spring 2010

Write down three functions of water in the human body.

1. _____ [1]

2. _____ [1]

3. _____ [1]

Examiner Only	
Marks	Remark

- 2 Tom is an active three-year-old. His typical daily intake of protein and calcium and dietary reference values (DRVs) for an infant are shown in the table below.

Nutrient	Tom's typical daily intake	DRVs per day 1–3 years
Protein	10g	14.5g
Calcium	330mg	350mg

Adapted from © Science of Food: Introduction to Food Science, Nutrition and Microbiology by K B Sherringham and P M Gaman, published by Butterworth-Heinemann, 1996. Reproduced by permission of Taylor & Francis (UK)

- (a) Using the information in the table above, discuss the long term effects on Tom's health of his current intake of protein and calcium.

Protein intake

[3]

Calcium intake

[3]

Examiner Only	
Marks	Remark

[12]

Examiner Only	
Marks	Remark

3 Meadowhill Residential Care Home for older people has reviewed its food hygiene practices in line with current food safety legislation. The care home is keen to ensure that all the kitchen staff are aware of the potential risks associated with food spoilage and food poisoning when storing, preparing and handling food.

(a) Explain three conditions bacteria need to grow.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

Examiner Only	
Marks	Remark

(c) Meadowhill has a number of residents from a variety of cultural backgrounds.

Discuss how two different religious beliefs may influence the planning and preparation of meals at Meadowhill.

1. _____

_____ [3]

2. _____

_____ [3]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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