



Rewarding Learning

ADVANCED
General Certificate of Education
2013

Centre Number

71

Candidate Number

Health and Social Care

Assessment Unit A2 15

assessing

Unit 15: Human Nutrition and Dietetics

[A6H71]

THURSDAY 20 JUNE, AFTERNOON



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 **2(c), (d), and 3(e)**.

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

--

BLANK PAGE

1 (a) Complete the table below to include two functions and a rich source of each of the nutrients.

Nutrient	Functions	Source
Fat	1. _____ _____ [1]	_____ [1]
Riboflavin	1. _____ _____ [1]	_____ [1]
Vitamin D	1. _____ _____ [1]	_____ [1]

[9]

Examiner Only	
Marks	Remark

- (b) It has been recommended by the Chief Medical Officer that all women planning to become pregnant should increase their folate (folic acid) intake.

Discuss why the above recommendation has been made.

[3]

- (c) Pauline is 68 years old. The table below shows Pauline's daily intake of energy, iron and protein and the Department of Health's Reference Nutrient Intakes (RNIs) for women aged 65–74.

Nutrient	Pauline's daily intake	Dietary Reference Values (DRVs) Female aged 65–74
Energy	8.0MJ	7.96MJ/day
Iron	7.1mg/day	8.7mg/day
Protein	35.7g/day	46.5g/day

Source: *The Science of Food*, P.M. Gaman K.B. Sherrington, 1996

- (i) Write down three factors that may influence Pauline's requirements for energy.

1. _____ [1]
2. _____ [1]
3. _____ [1]

Examiner Only	
Marks	Remark

3 A local day centre provides lunch for fifty older people.

After a recent inspection the catering staff were delighted with the positive report on their policies and procedures for safe and hygienic practices. The catering staff are keen to ensure that their exemplary procedures are maintained.

(a) Explain why each of the following is good practice when preparing food in the canteen.

Tying back long hair and covering it with a protective cap.

[2]

Removing rings from fingers and then washing hands.

[2]

(b) Temperature affects the growth of bacteria. Write down three other factors that affect the growth of bacteria.

1. _____ [1]

2. _____ [1]

3. _____ [1]

Examiner Only	
Marks	Remark

Permission to reproduce all copyright material has been applied for.
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA
will be happy to rectify any omissions of acknowledgement in future if notified.