



*Rewarding Learning*

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2019

Centre Number

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Candidate Number

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# Nutrition and Food Science

Assessment Unit AS 1

*assessing*

Principles of Nutrition

**MV18**

**[SNF11]**

**WEDNESDAY 15 MAY, MORNING**

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## Time

1 hour 30 minutes, 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 and on the Answer Booklet provided.

Answer **all** questions in Section A and **two** questions from Section B.

Write your answers to Section A in the Question Paper.

Write your answers to Section B in the Answer Booklet provided.

Use the treasury tag provided to attach your Answer Booklet to the Question Paper at the end of the examination.

## Information for Candidates

The total mark for this paper is 80.

Quality of written communication will be assessed in Questions **8–10**.

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

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## Section A

Answer **all** questions in the spaces provided.

- 1 (a) Circle **one** food from the list below which is a source of free sugars in the diet. [1 mark]

grapes

honey

milk

carrots

- (b) Explain the term free sugars. [3 marks]

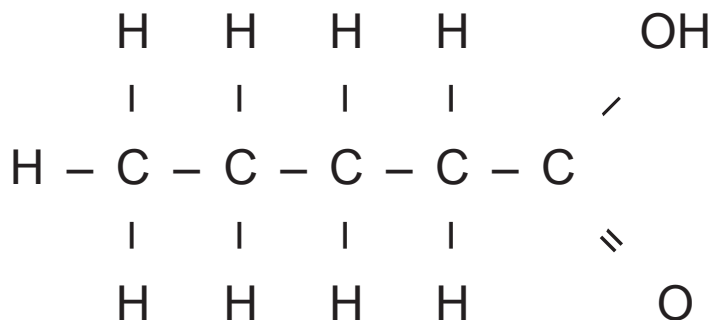
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2 (a) Identify the following type of fatty acid. [1 mark]



(b) Name **one** type of fatty acid consumers are advised to decrease in the diet and describe its effect on blood cholesterol levels. [3 marks]

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(c) Explain **two** key functions of fat as a nutrient. [4 marks]

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- 3 (a) Comment on the following recommendations for fish consumption during pregnancy. [4 marks]

Type of fish	Recommendations during pregnancy
Oily fish	Limit to two portions a week
Marlin, shark and swordfish	Do not eat

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- (b) Explain the importance of calcium for adult women. [4 marks]

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- 4 (a) Suggest **two** reasons why infants may suffer from dehydration. [2 marks]

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- (b) Summarise the nutritional benefits of consuming milk for teenagers. [4 marks]

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- (c) Describe the effects of water intoxication in the body. [3 marks]

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- 5 (a) Analyse the data below and suggest reasons for the increasing figures. [6 marks]

Reference Nutrient Intakes (RNI) for Iron		
Age	Male (mg/day)	Female (mg/day)
4–6 years	6.1	6.1
7–10 years	8.7	8.7
11–18 years	11.3	14.8

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(b) Identify **two** valuable food sources of non-haem iron.  
[2 marks]

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(c) State **two** factors that inhibit the absorption of iron.  
[2 marks]

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- 6 (a)** Describe the nutritional need for zinc in teenage years.  
[3 marks]

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- (b)** Explain why vitamin B<sub>12</sub> deficiency is more likely to occur in older adults. [5 marks]

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- (c)** Summarise the possible effects of an excessive intake of sodium on health. [2 marks]

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(d) State **two** symptoms of a deficiency of vitamin B<sub>2</sub> in the diet. [2 marks]

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- 7 Explain the functions of magnesium and suggest **two** valuable food sources. [5 marks]

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## Section B

Quality of written communication is assessed in this section.

Answer **two** out of three questions from this section.

Write your answers in the Answer Booklet provided.

- 8 Describe the needs of a school-age child (5–12 years) in relation to energy and explain how to achieve these needs through healthy food choices. [12 marks]
- 9 Compare the nutritional value and health benefits of fish and pulses. [12 marks]
- 10 Discuss the nutritional significance of starchy carbohydrates. [12 marks]

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**This is the end of the question paper**

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**SOURCES:**

Q3(a) .....© Adapted from: <https://www.nutrition.org.uk/healthyliving/nutritionforpregnancy/what-not-to-eat.html?start=3>

Q5(a) .....© Crown copyright 2010. Science Advisory Committee on Nutrition, Iron and Health

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Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
<b>Total Marks</b>	

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