



Rewarding Learning  
ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2017

Centre Number

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Candidate Number

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# Nutrition and Food Science

Assessment Unit AS 1  
*assessing*  
Principles of Nutrition



[SNF11]  
WEDNESDAY 17 MAY, MORNING

## TIME

1 hour 30 minutes.

## 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 **6–8**.  
Figures in brackets printed down the right side of pages indicate the marks awarded to each question or part question.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
Total Marks	





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[4]

[4]

- (ii)** Assess the effects on health of consuming foods with a different glycaemic index, such as those in the table below.

Food	Glycaemic Index per average portion
White plain baguette	95
Whole wheat bread	71
Cornflakes	93
All Bran	55
White rice	89
Brown rice	50
Apple	39
Ripe banana	62
Grapefruit	25

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[5]

[5]

Examiner Only	
Marks	Remarks

- (b) Identify **two** possible problems that could occur if too much fibre is consumed.

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 [2]

- (c) State **two** food sources of intrinsic sugars.

(i)\_\_\_\_\_ (ii)\_\_\_\_\_ [2]

- (d) Using the table below justify the decision to choose a banana rather than a chocolate bar as the preferred source of energy.

Food	Portion size	Energy (kcal)	Sugar (g)
Banana	100 g	81	18
Chocolate bar	45g	234	25

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 [5]

Examiner Only

Marks Remark

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Examiner Only	
Marks	Remarks

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Examiner Only	
Marks	Remarks

5 Discuss the role of essential fatty acids in the diet.

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[5]

Examiner Only	
Marks	Remark



## 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.

- 6** Explain how Dietary Reference Values (DRVs) and Estimated Average Requirements (EARs) should be used to evaluate diets. [12]
- 7** Consider the nutritional benefits derived from consuming a range of fluids, other than water. [12]
- 8** Describe the specific nutritional requirements of a teenager. [12]

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**THIS IS THE END OF THE QUESTION PAPER**

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