



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



SNF11

[SNF11]

WEDNESDAY 15 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 **8–10**.
 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	
4	
5	
6	
7	
8	
9	
10	
Total Marks	

Section A

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

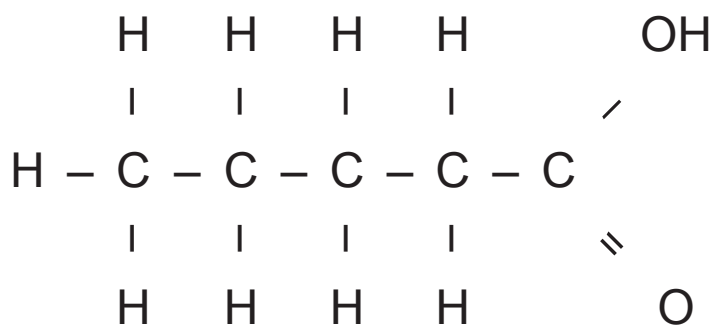
- 1 (a) Circle **one** food from the list below which is a source of free sugars in the diet.

grapes honey milk carrots [1]

- (b) Explain the term free sugars.

[3]

Examiner Only	
Marks	Remark



 [1]

[3]

[4]

Examiner Only	
Marks	Remarks

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

[4]

(b) Explain the importance of calcium for adult women.

[4]

11885

[2]

(b) Summarise the nutritional benefits of consuming milk for teenagers.

[4]

(c) Describe the effects of water intoxication in the body.

[3]

Examiner Only	
Marks	Remarks

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[6]

(b) Identify **two** valuable food sources of non-haem iron.

[2]

(c) State **two** factors that inhibit the absorption of iron.

[2]

Examiner Only	
Marks	Remarks

[3]

[3]

(b) Explain why vitamin B₁₂ deficiency is more likely to occur in older adults.

[5]

[5]

(c) Summarise the possible effects of an excessive intake of sodium on health.

[2]

[2]

(d) State **two** symptoms of a deficiency of vitamin B₂ in the diet.

[2]

[2]

Examiner Only	
Marks	Remarks

- 7 Explain the functions of magnesium and suggest **two** valuable food sources.

[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.

- 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]
- 9** Compare the nutritional value and health benefits of fish and pulses. [12]
- 10** Discuss the nutritional significance of starchy carbohydrates. [12]

THIS IS THE END OF THE QUESTION PAPER

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