Rewarding Learning

**ADVANCED**

**General Certificate of Education**

**2018**

**Centre Number**

| | | | | |
|---|---|---|---|---|
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**Candidate Number**

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# Health and Social Care

Assessment Unit A2 15

*assessing*

Unit 15: Human Nutrition and Dietetics

*A6H71*

## [A6H71]

## MONDAY 18 JUNE, AFTERNOON

**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(b)**, **2(c)**, **3(b)** and **3(c)**.
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 | |

| Examiner Only | |
|---|---|
| Marks | Remark |

**1** **(a)** Explain the function of each of the following vitamins in the diet:

Vitamin E

_____

_____

_____

_____ [2]

Vitamin K

_____

_____

_____

_____ [2]

**(b)** Examine the functions and sources of the nutrients calcium and vitamin D.

_____

_____

_____

_____

_____

_____

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_____

_____

| Examiner Only | |
|---|---|
| Marks | Remark |

[6]

**(c)** Discuss how guideline daily amounts (GDAs) encourage healthier eating.

_____

_____

_____

_____

_____

_____ [3]

**(d)** Iron is an essential mineral. Complete the table below to demonstrate your knowledge of the role of iron in the diet.

| | |
|---|---|
| One function | [2] |
| Rich sources | 1. _____<br>2. _____<br>3. _____<br>4. _____<br>[4] |
| One effect of excess iron | [1] |
| Deficiency disease | [1] |

| Examiner Only | |
|---|---|
| Marks | Remark |

**(e)** Discuss three risks of consuming excess carbohydrates to the health of individuals.

| Examiner Only | |
|---|---|
| Marks | Remark |

1. _____

_____

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_____

_____

_____ [3]

2. _____

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_____

_____

_____ [3]

3. _____

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_____

_____

_____ [3]

**2** The staff at Chestnut Residential Home for older people aim to encourage independence, enable choice, preserve dignity and celebrate diversity in caring for residents. They believe that every resident should enjoy the highest possible quality of life.

**(a)** Discuss how cultural factors may influence the choice of food offered to residents.

[6]

| Examiner Only | |
|---|---|
| Marks | Remark |

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**(Questions continue overleaf)**

**(b)** Judith has recently come to live in Chestnut Residential Home. She has Type 2 diabetes. Discuss three ways current dietary recommendations could be met by the catering staff when planning meals for diabetics.

| Examiner Only | |
|---|---|
| Marks | Remark |

| Examiner Only | |
|---|---|
| Marks | Remark |

[9]

**(c)** Analyse the importance of adequate water intake for older people and how the need for water may be met by the staff at Chestnut Residential Home.

| Examiner Only | |
|---|---|
| Marks | Remark |

| Examiner Only | |
|---|---|
| Marks | Remark |

[12]

**(d)** A recent inspection commended the catering staff on their safe food preparation and handling practices.

Complete the table below by naming three food poisoning bacteria and a different source for each.

| Name of food poisoning bacteria | One source of this bacteria |
|---|---|
| | |
| | |
| | |

[6]

| Examiner Only | |
|---|---|
| Marks | Remark |

**3** The eatwell plate was a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. It divided the foods we eat and drink into five main food groups, one of which is "meat, fish and alternatives".

**(a)** List the four other food groups.

1. _____ [1]

2. _____ [1]

3. _____ [1]

4. _____ [1]

**(b)** Discuss the importance of meat, fish and alternatives in the diet.

_____

_____

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_____

| Examiner Only | |
|---|---|
| Marks | Remark |

| Examiner Only | |
|---|---|
| Marks | Remark |

[9]

**(c)** The eatwell plate does not apply to children under the age of two. Analyse the specific nutritional needs and current dietary recommendations for infants.

| Examiner Only | |
|---|---|
| Marks | Remark |

| Examiner Only | |
|---|---|
| Marks | Remark |

| Examiner Only | |
|---|---|
| Marks | Remark |

[15]

Individuals who have bulimia nervosa try to control their weight by binge eating and then purging.

| Examiner Only | |
|---|---|
| Marks | Remark |

**(d)** List three factors that influence bulimia nervosa.

1. _____ [1]

2. _____ [1]

3. _____ [1]

**(e)** Examine the potential effects of bulimia nervosa.

| Examiner Only | |
|---|---|
| Marks | Remark |

[6]

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

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