



Rewarding Learning

ADVANCED

General Certificate of Education

2019

Centre Number

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Candidate Number

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# Health and Social Care

Assessment Unit A2 7

*assessing*

Human Nutrition and Health



\*AHC71\*

[AHC71]

MONDAY 17 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 120.

Quality of written communication will be assessed in questions

**2(c), 3(a), 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	
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(c) Describe the dietary functions of the following fat soluble vitamins.

Vitamin A

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [3]

Vitamin E

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [3]

Vitamin K

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [3]

Examiner Only	
Marks	Remark

(d) "Growing children, especially those who don't eat a varied diet, may not get enough vitamins."

© Crown copyright - <https://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/vitamins-for-children>

Examiner Only	
Marks	Remark

(i) Name **three** sources of Vitamin C.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

3. \_\_\_\_\_ [1]

(ii) Explain **three** dietary functions of Vitamin C.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]



- 2 (a) Discuss how the following factors may influence food choices when shopping for a family.

Culture

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[9]

Examiner Only	
Marks	Remark



(b) “The Department of Education Food in Schools Policy is an overarching policy advocating a ‘whole-school approach’ to all food provided and consumed in schools and developing knowledge and skills in relation to healthy eating and lifestyles.”

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Describe **three** ways a school may implement this policy to help ensure that children become healthier.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

Examiner Only	
Marks	Remark



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**(Questions continue overleaf)**

**(c)** Assess how a vegan diet can meet the nutritional requirements of individuals.

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**Examiner Only**

**Marks**

**Remark**

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Lined area for student responses.

Examiner Only	
Marks	Remark

[15]







Lined writing area with 20 horizontal lines.

[15]

Examiner Only	
Marks	Remark







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[18]

Examiner Only	
Marks	Remark

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

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