



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2024

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.

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

**You must answer the questions in the spaces provided.**

**Do not write outside the boxed area on each page or on blank pages.**

Complete in black ink only. **Do not write with a gel pen.**

## INFORMATION FOR CANDIDATES

The total mark for this paper is 80.

Quality of written communication will be assessed in Questions **7–9**.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.



## Section A

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

- 1 (a) Name **two** fat-soluble vitamins.

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[2]

- (b) Describe **two** groups of people who could have additional requirements for vitamin D in the diet.

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[4]



(c) Explain the importance of B group vitamins for older adults.

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[6]

[Turn over



2 (a) Explain why there may be an increased requirement for zinc in adolescence.

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[4]

(b) Describe the role of magnesium in the body.

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[4]



(c) Explain the effects of a deficiency of iron on health.

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[5]

[Turn over



3 (a) Explain the term protein complementation.

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[3]

(b) Classify the foods below, as examples of either high or low biological value protein (insert a tick).

Food	High biological value protein	Low biological value protein
Rice protein		
Soya beans		
Eggs		

[3]



**4 (a)** Discuss the significance for health of including more starchy foods in the diet of an adult.

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[6]

**(b)** Differentiate between glycaemic index and glycaemic loading.

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[4]

[Turn over



(c) Explain why adult males require approximately 5–10% more daily energy than females.

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[4]







5 Discuss the nutritional benefits of breast milk for an infant.

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[6]



6 Explain why Dietary Reference Values (DRVs) should not be used as nutrient goals for individual consumers.

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[5]



## Section B

Answer **any two** questions in this section.

**Quality of written communication is assessed in this section.**

- 7 Propose and justify appropriate food choices parents could include in the diet of a pre-school child. [12]
- 8 Discuss **three** factors that impact on hydration. [12]
- 9 Explain how to safely include the following foods in the diet during pregnancy:
- meat
  - fish
  - cheese.
- [12]







8 Discuss **three** factors that impact on hydration.

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[12]

[Turn over









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

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For Examiner's use only	
Question Number	Marks
1	
2	
3	
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7	
8	
9	

<b>Total Marks</b>	
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Examiner Number

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