

General Certificate of Education
June 2007
Advanced Subsidiary Examination



HEALTH AND SOCIAL CARE
Unit 5 Nutrition and Dietetics

HC05

Friday 8 June 2007 9.00 am to 10.30 am

For this paper you must have:

- an 8-page answer book.

Time allowed: 1 hour 30 minutes

Instructions

- Use blue or black ink or ball-point pen.
- Write the information required on the front of your answer book. The *Examining Body* for this paper is AQA. The *Paper Reference* is HC05.
- Answer **all** questions.
- Do all rough work in the answer book. Cross through any work you do not want to be marked.

Information

- The maximum mark for this paper is 60.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in answers written in continuous prose.

Answer **all** questions.

Each question carries 15 marks.

- 1 Ali is twelve years old. He overeats and his diet is high in monosaccharide and disaccharide sugars but low in amino acids.

(a) Explain the likely effect on Ali's health if he continues to eat a diet which is:

(i) high in monosaccharide and disaccharide sugars; (3 marks)

(ii) low in amino acids. (3 marks)

(b) Suggest **three** named foods Ali could eat to increase the amino acid content of his diet. (3 marks)

(c) (i) Describe the basic chemical composition of monosaccharide and disaccharide sugars. (4 marks)

(ii) Name **one** example of:

a monosaccharide sugar;

a disaccharide sugar.

(2 marks)

- 2 Dora is 70 years old. Her typical daily intake gave the results shown in the table below. The Dietary Reference Values (DRVs) for females aged 55-74 years old are also shown.

	Dora's typical daily intake	Dietary Reference Values (DRVs) Females aged 55-74
Energy	8.2MJ	8.0MJ
Iron	7.1mg	10.0mg
Vitamin A	648µg	750µg

(a) (i) What conclusions can be drawn about Dora's typical daily intake from the information in the table above? (3 marks)

(ii) Explain the likely effects on Dora if her intake remains at these levels. (6 marks)

(b) Suggest, with reference to named foods, **two** different ways to improve Dora's diet. (4 marks)

(c) Suggest **two** different factors other than age which help to determine the dietary needs of a female adult. (2 marks)

3 Antioxidants are one type of food additive.

- (a) (i) Give **one** reason why antioxidants are added to foods. (1 mark)
- (ii) Name **three** different types of food additive. Give a different reason why each is added to foods. (6 marks)

- (b) Maurice is a Jewish male who suffers from coeliac disease.

Explain the dietary implications for Maurice of:

- (i) being Jewish; (4 marks)
- (ii) having coeliac disease. (4 marks)

4 A study of poor hygiene and food storage practices produced the results shown in the table below.

Type of Poor Practice	Number of recorded incidents
Use of dirty cutlery and crockery	3
Storing food at an incorrect temperature	9
Using foods/food products when 'out of date'	19
Using unclean food preparation work surfaces	38

- (a) (i) What conclusions can be drawn from the information in the table above? (4 marks)
- (ii) Suggest **two** different reasons for the varying number of recorded incidents of the four types of poor practice. (2 marks)
- (b) Give **two** different client groups who are at high risk from poor food hygiene and food storage practices. (2 marks)
- (c) Explain why the following are good practices when preparing food:
- (i) tying back long hair and covering it with a cap (2 marks)
- (ii) thoroughly defrosting frozen foods prior to cooking (3 marks)
- (iii) removing rings from fingers and then washing hands. (2 marks)

END OF QUESTIONS

There are no questions printed on this page