



Rewarding Learning

ADVANCED
General Certificate of Education
2023

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

MV18

[AHC71]

THURSDAY 15 JUNE, AFTERNOON

Time

2 hours, plus your additional time allowance.

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 **1(e)**, **2(c)**, **3(a)** and **3(c)**.

Figures in brackets printed at the end of each question indicate the marks awarded to each question or part question.

1 (a) (i) Name **two** sources of iron. [1 mark for each]

1. _____

2. _____

(ii) Explain **one** dietary function of iron. [2 marks]

(b) (i) Name **two** sources of calcium. [1 mark for each]

1. _____

2. _____

(ii) Explain **one** dietary function of calcium. [2 marks]

(c) Name **two** sources of vitamin D. [1 mark for each]

1. _____

2. _____

(e) Summarise the guidelines catering staff in a hospital should follow when preparing food for patients with the following food intolerances: [3 marks for each]

Coeliac disease

Lactose intolerance

(b) Summarise the appropriate advice to help manage rickets. [3 marks]

(c) Explore how labelling may influence a parent's choices when food shopping for a family. [15 marks]

(d) Using the headings below, describe the roles and responsibilities of environmental health officers (EHOs) in monitoring and enforcing food safety regulations.
[3 marks for each]

Food safety

Inspections

Enforcement

SOURCES

Q2(c) . . . *Food in Schools Policy – Healthy Food for Healthy Outcomes. Department of Education.* © Crown Copyright
<https://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/>

Q3 . . . © NHS.uk “*Online version of the NHS Long Term Plan*”
Open Government Licence v3.0 <https://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/>

This is the end of the question paper

For Examiner's use only	
Question Number	Marks
1	
2	
3	
Total Marks	

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