



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



AHC71

[AHC71]

THURSDAY 15 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 **1(e)**, **2(c)**, **3(a)** 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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1 (a) (i) Name **two** sources of iron.

1. _____ [1]

2. _____ [1]

(ii) Explain **one** dietary function of iron.

_____ [2]

(b) (i) Name **two** sources of calcium.

1. _____ [1]

2. _____ [1]

(ii) Explain **one** dietary function of calcium.

_____ [2]

(c) Name **two** sources of vitamin D.

1. _____ [1]

2. _____ [1]

Examiner Only

Marks Remark

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(Questions continue overleaf)

[9]

Examiner Only	
Marks	Remark

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

Coeliac disease

[3]

Lactose intolerance

[3]

Examiner Only	
Marks	Remark

(b) Summarise the appropriate advice to help manage rickets.

[3]

Examiner Only	
Marks	Remark

Sources

Q2c.....Food in Schools Policy – Healthy Food for Healthy Outcomes. Department of Education.
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