



Rewarding Learning

ADVANCED
General Certificate of Education
2024

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 13 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.

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.

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(b)**, **2(c)**, **3(a)** and **3(d)**.

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



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14074



20AHC7102



1 (a) List **three** main sources of protein in the diet.

1. _____ [1]

2. _____ [1]

3. _____ [1]

(b) Summarise **three** functions of protein.

1. _____

_____ [3]

2. _____

_____ [3]

3. _____

_____ [3]

[Turn over



(f) Suggest why the following are nutritional requirements for infants.

Carbohydrates

[3]

Calcium

[3]

Vitamin A

[3]

[Turn over



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20AHC7108



2 (a) One factor which affects energy requirements is basal metabolic rate (BMR).

Name the **four** other factors which affect energy requirements.

1. _____ [1]

2. _____ [1]

3. _____ [1]

4. _____ [1]

[Turn over



(b) "A local company suspends production and snack withdrawn after 176 people fall ill with salmonella."

Source: BelfastLive August 2021

Like most other forms of food poisoning bacteria, salmonella's symptoms include diarrhoea, abdominal pain, nausea and vomiting.

Identify **three** other bacteria that can cause food poisoning, stating where each is found.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

(c) Name **two** groups of individuals particularly at risk of food poisoning.

1. _____ [1]

2. _____ [1]



Sources

Q2b.....© Adapted from: Diabetes UK NI rewrites the story this World Diabetes Day

Q3b.....© Adapted from 'Tayto suspends production and snack withdrawn after 176 people fall ill with salmonella', Belfast Live 26/08/21

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

Total Marks	
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Examiner Number

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20AHC7120