



Rewarding Learning

ADVANCED  
General Certificate of Education  
2025

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 12 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 **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.



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\*20AHC7102\*



1 A wide range of nutrients are required by individuals at different life stages to help the body function and to maintain health.

(a) (i) Name **two** sources of fluorine.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(ii) Explain **two** functions of fluorine.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

(b) List **three** sources of sugary carbohydrates.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

3. \_\_\_\_\_ [1]

[Turn over



(c) Describe **different** dietary functions of the following nutrients.

Calcium

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[3]

Vitamin B12

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[3]









2 Catering staff in a hospital aim to produce healthy nutritious meals for patients. They also need to provide food which is suitable for patients with food intolerances and allergies.

(a) Luca, who has a peanut allergy, is in hospital recovering from surgery. Outline the guidelines catering staff should follow when preparing food for patients like Luca.

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[3]

(b) When preparing and handling food, the catering staff must follow good hygiene and safe practices to ensure the food is safe to eat.

(i) Identify **three** high-risk foods likely to cause food poisoning.

1. \_\_\_\_\_ [1]
2. \_\_\_\_\_ [1]
3. \_\_\_\_\_ [1]

(ii) List **three** symptoms of food poisoning caused by salmonella.

1. \_\_\_\_\_ [1]
2. \_\_\_\_\_ [1]
3. \_\_\_\_\_ [1]

























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

<b>Total Marks</b>	
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Examiner Number

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