



Rewarding Learning

ADVANCED

General Certificate of Education

2022 Reserve Series

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

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	
-------------	--

1 (a) Complete the table below to identify the vitamin deficiency leading to each condition and **two** sources of each vitamin.

Condition	Vitamin that is deficient	Sources of this vitamin
Scurvy		1. [1]
		2. [1]
Night blindness		1. [1]
		2. [1]

(b) Describe the dietary functions of the following fat soluble vitamins.

Vitamin A

[3]

Vitamin E

[3]

Examiner Only	
Marks	Remark

(c) "Dental caries (also known as tooth decay or dental cavities) is the most common non-communicable disease worldwide."

Source: World Health Organization, 2017

Summarise **three** pieces of advice to help prevent dental caries.

1. _____

_____ [3]

2. _____

_____ [3]

3. _____

_____ [3]

Examiner Only	
Marks	Remark

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(Questions continue overleaf)

- (c) Complete the table below to identify **one** way each ingredient in a recipe may be modified to meet current dietary advice.

Ingredients	Example of one way to modify this ingredient to meet current dietary advice
200g white pasta	[1]
250 mls full fat milk	[1]
500g ground beef/ minced beef (12% fat)	[1]

- (d) “Bowel cancer is the third most common cancer in Northern Ireland and the second biggest cancer killer. Every year around 1 100 people are diagnosed with bowel cancer in Northern Ireland and around 400 people die from the disease. However, bowel cancer is treatable and curable especially if diagnosed early.”

Source: www.bowelcanceruk.org.uk

Analyse the dietary risk factors and appropriate advice to help prevent bowel cancer.

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

Sources:

Q1c.....© World Health Organization (WHO)

'Sugars and dental caries' 09 November 2017 <https://www.who.int/news-room/fact-sheets/detail/sugars-and-dental-carries>

Q2d.....© Crown Copyright 'The Vegan Diet', NHS. <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegan-diet>

Q3a.....Adapted from 'Nutritional Needs of Babies: the First 12 Months' by Maria Masters, 25 March 2021 © What to expect

Q3b.....© Crown Copyright 'Healthy Eating for Adolescents'. NI Direct www.nidirect.gov.uk/articles/healthy-eating-teenagers

Q3d.....Adapted from © Bowel Cancer UK

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