



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2025

Centre Number

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Candidate Number

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Nutrition and Food Science

Assessment Unit AS 1

assessing

Principles of Nutrition



[SNF11]

SNF11

WEDNESDAY 14 MAY, MORNING

TIME

1 hour 30 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Answer **all** questions in Section A and **two** questions from Section B.

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.**

INFORMATION FOR CANDIDATES

The total mark for this paper is 80.

Quality of written communication will be assessed in Questions **8–10**.

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



2 (a) State **two** sources of novel protein.

[2]

(b) Differentiate between dispensable and indispensable amino acids.

[4]

(c) Consider pulses as a source of protein in relation to versatility and cost.

[5]

[Turn over





4 Describe the role of iodine in the body.

[3]





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(Questions continue overleaf)

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[Turn over



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6 (a) Suggest **one** reason why teenagers are at risk of vitamin D deficiency.

[2]

(b) Summarise the effects of a deficiency of niacin.

[4]



(c) Explain the functions of vitamin A.

[5]

[Turn over



7 Consider the consequences of a high intake of free sugars in the diet.

[5]



Section B

Answer **any two** questions in this section.

Quality of written communication is assessed in this section.

- 8 Examine the specific nutritional requirements of an adult man. [12]
- 9 Discuss the factors that inhibit and promote the absorption of iron. [12]
- 10 Describe Dietary Reference Values (DRVs) and Estimated Average Requirements (EARs) and consider how these could be used to evaluate diets. [12]





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For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Total Marks	
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Examiner Number

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