



*Rewarding Learning*  
**ADVANCED SUBSIDIARY (AS)**  
 General Certificate of Education  
 2019

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 15 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 and on the Answer Booklet provided. Answer **all** questions in Section A and **two** questions from Section B. Write your answers to Section A in the Question Paper. Write your answers to Section B in the Answer Booklet provided. Use the treasury tag provided to attach your Answer Booklet to the Question Paper at the end of the examination.

**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.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
<b>Total Marks</b>	

## Section A

Answer **all** questions in the spaces provided.

- 1 (a) Circle **one** food from the list below which is a source of free sugars in the diet.

grapes                  honey                  milk                  carrots                  [1]

- (b) Explain the term free sugars.

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[3]

Examiner Only	
Marks	Remark













## Section B

Quality of written communication is assessed in this section.

Answer **two** out of three questions from this section.

Write your answers in the Answer Booklet provided.

- 8** Describe the needs of a school-age child (5–12 years) in relation to energy and explain how to achieve these needs through healthy food choices. [12]
- 9** Compare the nutritional value and health benefits of fish and pulses. [12]
- 10** Discuss the nutritional significance of starchy carbohydrates. [12]

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**THIS IS THE END OF THE QUESTION PAPER**

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