



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2022

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

TUESDAY 24 MAY, AFTERNOON

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 **6–8**.

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



Section A

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

- 1 (a) What is meant by the term Estimated Average Requirements (EARs) for energy?

[2]

- (b) State **two** vitamins needed for metabolism of carbohydrate.

(i) _____

(ii) _____ [2]



(c) Analyse the data below and suggest reasons for the decreasing figures for older adults.

Estimated Average Requirements (EARs) for adults

Age (years)	Males (kcal)	Females (kcal)
55–64	2581	2079
65–74	2342	1912
75+	2294	1840

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[6]

[Turn over



(d) Explain **two** main functions of carbohydrate as a nutrient.

(i) _____

(ii) _____

[4]



3 (a) Describe the role of **two** micronutrients in the formation of bone.

[4]

(b) Outline the effect on health of both a deficiency and an excess of fluorine.

[4]



(c) (i) Explain why infants around 6 months old have additional requirements for iron.

[2]

(ii) State **two** food sources of iron suitable for infants around 6 months old.

1. _____
 2. _____
- [2]

(d) Describe the role of vitamin B₆ in the body.

[4]

[Turn over



- 4 (a) "In the UK, saturated fatty acids currently contribute 12.7% of food energy in adults, which is above the recommendation of 11%."

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Discuss the health implications of this information.

[5]

- (b) State **two** effects on health resulting from an excess intake of vitamin A.

(i) _____

(ii) _____ [2]

- (c) Name **two** essential fatty acids.

(i) _____

(ii) _____ [2]



(d) Discuss the importance of essential fatty acids during pregnancy.

[4]



Section B

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

Quality of written communication is assessed in this section.

- 6 Explain the health benefits of consuming an adequate intake of fibre-rich foods for an adult. [12]
- 7 Discuss **four** factors affecting the bioavailability and absorption of minerals. [12]
- 8 Examine the specific nutritional requirements of a teenager. [12]
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For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	

Total Marks	
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Examiner Number

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