



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2023

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

THURSDAY 18 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 **8–10**.

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) State the current Dietary Reference Value for saturated fat as a percentage of energy intake.

_____ [1]

- (b) Describe the structure of a monounsaturated fatty acid.

_____ [2]

- (c) Outline the effects of trans fatty acids on blood cholesterol levels.

_____ [2]



2 Explain the difference between positive nitrogen balance and negative nitrogen balance in relation to protein requirements.

[4]



3 (a) Identify the type of sugar found in the following foods.

Tick [✓] only **one** box for each food.

	Lactose	Intrinsic sugar	Free sugar
Dried fruit			
Glass of semi-skimmed milk			
Honey			
Orange juice			

[4]

(b) Explain why NHS Choices recommend the gradual introduction of wholegrains into the diet of children under the age of two years.

[2]



(b) Suggest **one** reason why spinach might not be an ideal source of calcium in the diet.

[2]



5 (a) Describe the symptoms of a deficiency of folate in the body.

[4]

(b) Outline **two** functions of potassium in the body.

[4]





6 (a) Present **two** nutritional benefits of consuming low fat milk during lactation.

[4]

(b) State **three** functions of water in the diet.

[3]



7 (a) Summarise the role of vitamin C in the body.

[6]

(b) Describe the importance of the antioxidant nutrients lycopene and selenium for an adult male. Provide examples of appropriate food choices to support your answer.

lycopene

selenium

[6]



Section B

Quality of written communication is assessed in this section.

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

- 8 Evaluate plant-based protein in relation to nutrition and versatility. [12]
- 9 Explain the nutritional importance of including a variety of fruit and vegetables in the diet of a school-age child. [12]
- 10 Discuss the specific nutritional needs and energy requirements for the frail elderly. [12]
-





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For Examiner's use only	
Question Number	Marks
1	
2	
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7	
8	
9	
10	

Total Marks	
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Examiner Number

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