

Surname	Centre Number	Candidate Number
First name(s)		4



LEVEL 3 CERTIFICATE/DIPLOMA

4563UB0-1



TUESDAY, 4 JUNE 2024 – AFTERNOON

FOOD SCIENCE AND NUTRITION

Unit 1: Meeting Nutritional Needs of Specific Groups

1 hour 30 minutes plus 15 minutes reading time

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
Section A	23	
Section B		
1.	9	
2.	8	
3.	6	
4.	6	
Section C		
1.	12	
2.	10	
3.	6	
4.	10	
Total	90	

ADDITIONAL MATERIALS

A calculator.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The total for the paper is 90 marks.

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

Reading time may be permitted as indicated on the examination paper. This is additional time to the duration of the exam. This time can only be used for reading through the questions on the exam paper, and prioritising your time. However, you may write notes.



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Answer **all** questions.

Section A

1. (a) Give **two** ways in which the Food Safety Act protects the consumer. [2]

(i)

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(ii)

.....

- (b) State the year the Food Safety Act became law. [1]

.....

- (c) Name **one** other piece of food safety legislation. [1]

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2. (a) Name **two** food allergens. [2]

(i)

(ii)

- (b) Give **two** symptoms of a food allergy. [2]

(i)

.....

(ii)

.....



3. Define what is meant by malnutrition.

[2]

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.....

4. Name **two** micro-nutrients that may be lacking in a plant-based diet.

[2]

(i)

(ii)

5. Outline the difference between fat-soluble and water-soluble vitamins.

[2]

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6. (a) Name **one** good food source of folate.

[1]

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(b) State why folate is needed during pregnancy.

[1]

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7. Describe how antioxidants may help prevent cardiovascular disease (CVD) and some types of cancer. [3]

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- [4]



1. Cross-contamination is a significant risk when it comes to food safety.

[9]

[illegible]



[8]





[2]

[4]



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Section C

Read the case study and answer all questions in the space provided.

Dylan's profile

Dylan is 3 years old. He is of average height and is a healthy weight for his age. He currently attends nursery full time where he is in the pre-school group. At nursery he participates in a range of classroom-based activities. At the weekends, he attends football skills training on a Saturday morning for 45 minutes and has a 30-minute swimming lesson in the afternoon.

Diary of a typical weekday at nursery		Diary of a typical Saturday	
Time	Activity	Time	Activity
6.45 am	Get up	7.00 am	Get up
7.50 am	Arrive at nursery	8.00 am	Breakfast
8.00 am	Breakfast	9.00 am	Indoor play
9.00 am	Class activities	10.30 am	Football
10.45 am	Morning snack	12.30 pm	Lunch
11.00 am	Outdoor activities	1.30 pm	Outdoor play
12.00 pm	Lunch	3.30 pm	Swimming lessons
12.30 pm	Class activities	5.00 pm	Tea
3.45–4.30 pm	Tea	6.00 pm	Bath/play
4.30 pm	Story time	6.30 pm	Drink and bedtime story
5.20 pm	Arrive home	7.00 pm	Bed
6.00 pm	Play		
6.30 pm	Bath/bedtime snack/story		
7.00 pm	Bed		
Example of a weekday menu plan at nursery			
Breakfast:	Weetabix Whole milk Fruit juice		
Snacks:	Glass of milk Satsuma Banana Raisins Grapes		
Lunch:	Fish finger pie (fish fingers, baked beans, topped with mashed potato, sprinkled with cheese) Water		
Tea:	Sausage, tomato, broccoli and noodle bake Water		











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