

Question 1

4. What is meant by the term *anaemia*? (6)

List **two** sources of haem-iron.

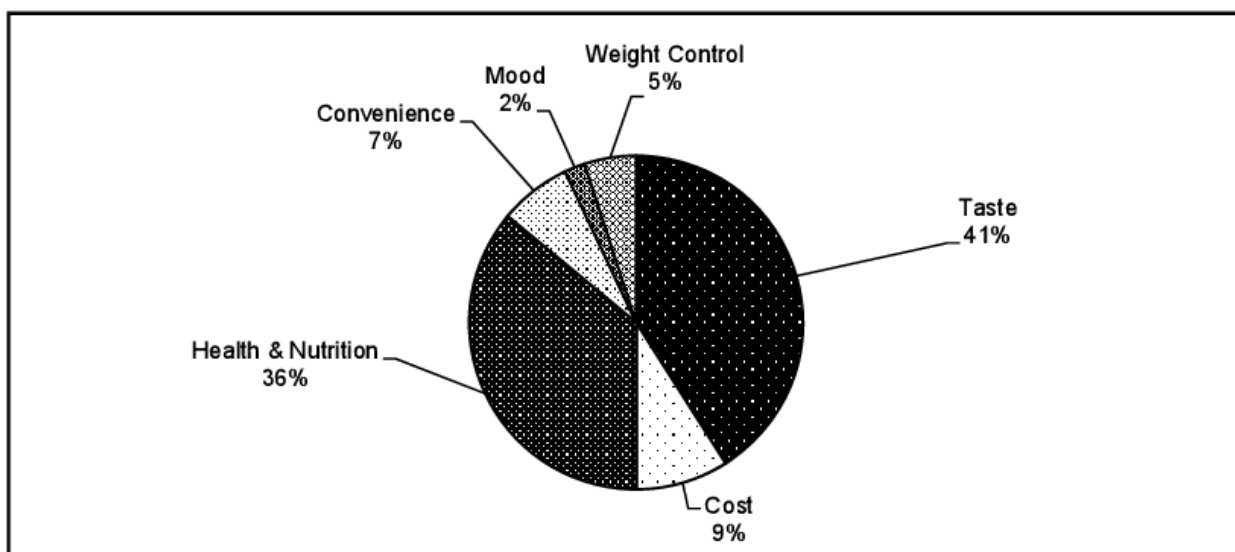
(i) _____

(ii) _____

Question 2

1. The National Adult Nutritional Survey (2011) asked participants to rank in order of importance to them six factors which affect food choice. The results are presented below.

(Irish Universities Nutrition Alliance)



- (a) Using the information presented in the chart above comment and elaborate on the six factors which affect a person's choice of food. (24)
- (b) Give an account of vitamin C under each of the following headings:
- main food sources
 - biological functions
 - effect of deficiency
 - role in mineral absorption. (24)
- (c) Identify ways of retaining Vitamin C when (i) preparing and (ii) cooking foods that have a high Vitamin C content. (12)
- (d) The following items of information are generally included on food packaging. Explain the benefit to the consumer of each item.
- list of ingredients
 - weight
 - nutritional information
 - best before date
 - country of origin. (20)

Question 3

1. The table below shows the iron content, per average serving, of a range of different foods.

Food	Iron content (mg)
Calves' Liver	12.2 mg
Black Pudding	9.2 mg
Minced Beef	3.1 mg
Sardines	2.9 mg
Bowl of Cornflakes	2.0 mg
Baked Beans	1.9 mg
Spinach	1.4 mg
Broccoli	0.9 mg
1 Egg	1.1 mg

- (a) State: (i) two reasons why it is important to include iron in a teenager's daily diet;
(ii) one ill-effect of a diet deficient (lacking) in iron. (15)
- (b) Name one nutrient that assists (helps) the absorption of iron in the body. (5)
- (c) The recommended dietary allowance (RDA) of iron for a teenager is 14 mg. Using the information from the above table, prepare a set of menus for one day (three meals) for a teenager which will provide an adequate supply of iron. (Other foods can be added). (20)
- (d) State how the menus you have prepared take account of the following:
▪ healthy eating guidelines
▪ the nutritional requirements of a teenager. (20)
- (e) Discuss how the following factors influence the planning and management of family meals:
▪ money available
▪ equipment
▪ knowledge and skills
▪ dietary considerations. (20)

Question 4

4. In relation to vitamins, indicate with a tick (✓) whether each of the following statements is true or false.

(6)

Vitamins	True	False
Night blindness is a result of a deficiency of Vitamin A		
Vitamin C is essential for the absorption of iron		
Vitamin B is a fat-soluble vitamin		