

Science													
Unit grade boundaries				Max Mark	a*	a	b	c	d	e	f	g	u
5BI1F	B1: Influences on Life (Foundation)	Raw	60					36	30	24	18	12	0
		UMS	80					48	40	32	24	16	0
5BI1H	B1: Influences on Life (Higher)	Raw	60	52	45	38	31	24	20				0
		UMS	80	72	64	56	48	40	36				0
5CH1F	C1: Chemistry in our World (Foundation)	Raw	60					31	24	17	11	5	0
		UMS	80					48	40	32	24	16	0
5CH1H	C1: Chemistry in our World (Higher)	Raw	60	52	45	34	24	14	9				0
		UMS	80	72	64	56	48	40	36				0
5PH1F	P1 Universal Physics (Foundation)	Raw	60					41	34	27	20	13	0
		UMS	80					48	40	32	24	16	0
5PH1H	P1 Universal Physics (Higher)	Raw	60	50	42	34	26	18	14				0
		UMS	80	72	64	56	48	40	36				0
5SC04	Science Controlled assessment	Raw	48	43	39	33	27	22	18	14	10	0	
		UMS	80	72	64	56	48	40	32	24	16	0	
Cash-in grade boundaries				Max Mark	A*	A	B	C	D	E	F	G	U
2SC01	Science	UMS	320	288	256	224	192	160	128	96	64	0	

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web we summarize the epidemiological and clinical studies on the health benefits of fruits and vegetables finally we discuss the role of fiber in fruits and vegetables in disease prevention adv nutr 3 506 516 2012 introduction diets high in fruits and vegetables are widely recommended for their health promoting properties fruits and

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web oct 30 2023 two handfuls of blueberries or raspberries one heaped tablespoon of dried fruit such as sultanas currants or raisins three heaped tablespoons of vegetables such as sweetcorn or peas three heaped tablespoons of any pulse beans peas or lentils one cereal bowl of raw leafy greens such as lettuce watercress or spinach