

New Specification



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
January 2010

Centre Number

71	
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Candidate Number

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Home Economics
Assessment Unit AS 1

assessing

Nutrition for Optimal Health

[AN111]



MONDAY 11 JANUARY, 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 and on the Answer Booklet provided. Answer **all** questions in Section A and **one** question from Section B. Write your answers to Section A in the Question Paper. Write your answers to Section B in the Answer Booklet provided. Use the treasury tag provided to attach your Answer Booklet to the Question Paper at the end of the examination.

INFORMATION FOR CANDIDATES

The total mark for this paper is 70.
Quality of written communication will be assessed in questions 6–10.
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

For Examiner's use only

Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Total Marks	
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Section A

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

- 1 Identify **three** nutrients which have antioxidant functions.

[3]

- 2 State **four** dietary sources of vitamin B₁₂.

[4]

- 3 Explain the role of the mineral fluorine.

[4]

Examiner Only	
Marks	Remark

4 Consider the nutritional significance of bread as a source of carbohydrate.

[5]

5 Examine the factors that assist the absorption of calcium.

[5]

Examiner Only	
Marks	Remark

6 Explain the functions of protein.

[8]

Examiner Only	
Marks	Remark

7 Describe the effects of dietary fats on blood cholesterol levels.

[8]

Examiner Only	
Marks	Remark

[Turn over

8 Evaluate the role of supplementation in adolescence.

[8]

Examiner Only	
Marks	Remark

Section B

Answer **one** question from this section in the answer booklet provided.

- 9 (a) Discuss the specific nutritional requirements for school children (4–11 years). [10]
- (b) Propose and justify the advice you would give to parents who want to reduce the risks of childhood obesity. [15]

Or

- 10 (a) Discuss the health risks and benefits to adult women of including alcohol in the diet. [10]
- (b) Explain the health problems related to diet and nutrition in older people. [15]

THIS IS THE END OF THE QUESTION PAPER

Examiner Only	
Marks	Remark

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