



*Rewarding Learning*

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
January 2010

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**Home Economics**  
Assessment Unit AS 2

*assessing*

Priority Health Issues

[AN121]

MONDAY 18 JANUARY, MORNING

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**TIME**

1 hour 30 minutes.

**INSTRUCTIONS TO CANDIDATES**

Write your Centre Number and Candidate Number on the Answer Booklet provided.  
Answer **three** questions.  
Answer **one** question from Section A and **two** questions from Section B.

**INFORMATION FOR CANDIDATES**

The total mark for this paper is 60.  
Quality of written communication will be assessed in **all** questions.  
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

## Section A

Answer **one** question from this section.

**Either**

1 (a) Outline the dietary risk factors for cardiovascular disease. [10]

(b) 'Eating and Health – A Food and Nutrition Strategy for Northern Ireland' outlines the current dietary and nutritional targets for improving the health of the community.

Describe **five** of the targets which relate specifically to cardiovascular disease. [10]

**or**

2 (a) Explain how a high fat diet and low levels of activity can contribute to overweight and obesity. [10]

(b) One of the health risks associated with overweight and obesity is diabetes. Examine the role of glycemic index in the management of diabetes. [10]

## Section B

Answer any **two** questions from this section.

- 3 Explain how an individual's food choice could increase their risk of developing certain cancers. [20]
- 4 Exercise, diet and friendships are examples of self-help strategies recommended for achieving good mental health. Discuss this statement. [20]
- 5 Explain the possible reasons why sexual health is poor in Northern Ireland. [20]

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**THIS IS THE END OF THE QUESTION PAPER**

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