



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
January 2013

Centre Number

71	
----	--

Candidate Number

--

Home Economics
Assessment Unit AS 1

assessing

Nutrition for Optimal Health

[AN111]



MONDAY 14 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	
--------------------	--

Section A

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

- 1 State **three** rich food sources of vitamin E.

[3]

- 2 Explain **two** functions of the mineral phosphorus.

[4]

- 3 What is meant by the term nitrogen balance in relation to protein requirements?

[4]

Examiner Only

Marks Remark

Section B

Examiner Only	
Marks	Remark

Answer **one** question from this section in the Answer Booklet provided.

- 9 The prevalence of overweight and obesity in children and adolescents is now a major nutritional problem and the condition is likely to persist into adulthood.

Source:www.eufic.org

- (a) Explain the advice parents should follow to prevent obesity in their children. [10]
- (b) Evaluate the role of supplementation in childhood and adolescence. [15]

Or

- 10 (a) Outline the health risks for a pregnant mother associated with both low and excessive weight gain in pregnancy. [10]
- (b) Discuss the need for calcium, folate and protein during pregnancy and suggest how these nutrients could be included in the diet. [15]

THIS IS THE END OF THE QUESTION PAPER

Permission to reproduce all copyright material has been applied for.
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA
will be happy to rectify any omissions of acknowledgement in future if notified.