

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2013

71 Centre Number

Candidate Number

Home Economics

Assessment Unit AS 1

assessing

Nutrition for Optimal Health

[AN111]

FRIDAY 24 MAY, MORNING



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		
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9		
10		

Total	
Marks	

Section A

Examiner Only		
Remark		

Answer all questions in this section in the spaces provided.

	examples of these minerals.	
		[3]
2	Identify two significant food sources for each of the following:	
	Soluble NSP	
	Insoluble NSP	[4]
3	Identify and explain the rationale for the current dietary guidelines regarding trans fatty acids in the diet.	

	[[]	
	[5]	
What is the difference between high biological value protein and leading	OW	
iological value protein? Give one example of a food providing ea	ch type.	
	[5]	

Evaluate the use of vitamin D supplements across the lifespan.		Examine Marks	r Only Remark
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	[8]		

xplain the functions of carbohydrate as a nutrient in the body.		Examine Marks	r Only Remark
		Warks	Remark
	_ [8]		

7

onsider the role of micronutrients in maintaining good bone heal dy.		Marks Re
	[8]	

Section B

Examiner Only

Marks Remark

Answer **one** question from this section.

9 (a) Outline the health risks for adults of binge drinking.

[10]

- **(b)** Explain how the following foods could help promote a healthy diet for an adult:
 - oily fish;
 - fruit and vegetables; and
 - soya bean products.

[15]

Or

- **10 (a)** Discuss the possible health benefits of boosting vitamin C and the B group vitamins in the diet of older people (65+). [10]
 - **(b)** Older people are at risk of poor nutritional status due to the natural effects of ageing and other social factors.
 - Identify and explain some of the health problems related to diet and nutrition that older people may experience in later life. [15]

THIS IS THE END OF THE QUESTION PAPER