



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
January 2014

Centre Number

71	
----	--

Candidate Number

--

**Home Economics**  
Assessment Unit AS 1

*assessing*

Nutrition for Optimal Health

[AN111]



MONDAY 13 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	

<b>Total Marks</b>	
--------------------	--











## Section B

Answer **one** question from this section.

9 Northern Ireland has the highest level of childhood dental decay in the UK.

*Source: www.hscboard.hscninet*

- (a) Propose and justify the dietary advice you would give to parents to help them reduce the risk of tooth decay in their children. [10]
- (b) Consider the importance of calcium, omega 3 and vitamin C during childhood. [15]

Or

- 10 (a) Explain some of the issues affecting food choice and physical activity amongst adolescents which may increase their risk of developing obesity. [10]
- (b) Discuss the specific nutritional requirements of an adolescent. [15]

---

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

---

Examiner Only

Marks Remark

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.