

ADVANCED SUBSIDIARY (AS)

General Certificate of Education 2015

Centre Number						
	Can	didat	e Nu	mber		
	Can	didat	e Nu	mber		

Home Economics

Assessment Unit AS 1

assessing

Nutrition for Optimal Health



[AN111] WEDNESDAY 20 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				
Marks				

Total	
Marks	

Section A

Examiner Only

Marks Remark

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

	101
Explain the importance of an adequate intake of vitamin K for babies outline how this is achieved.	and
	[4]
Compare haem and non-haem iron. State one food source for each t	ype.
	[4]

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[5	5]	
Outline the effects on health of a deficiency in vitamin A.		
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Describe the factors affecting the bioavailability of minerals in the body	'.	Examine Marks
		
	 _ [8]	
	_ [○]	

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 	 	 [8]	

xplain the functions of protein as a nutrient in the body.		Examiner Co	Only emar
			
	[8]		
	[0]		

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Answer **one** question from this section.

- 9 (a) Outline the risks to mother and baby of low and excessive weight gain during pregnancy. [10]
 - (b) Discuss the current advice regarding foods that should be restricted or avoided during pregnancy. [15]

Or

- **10 (a)** Explain the importance of including an adequate intake of the following in the diet of older people (65+):
 - antioxidants; and
 - fluids. [10]
 - **(b)** Evaluate the role of supplementation in older people (65+). [15]

THIS IS THE END OF THE QUESTION PAPER

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