



Rewarding Learning
ADVANCED SUBSIDIARY (AS)
 General Certificate of Education
 2016

Centre Number

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Candidate Number

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Home Economics

Assessment Unit AS 1
assessing
 Nutrition for Optimal Health



AN111

[AN111]

MONDAY 23 MAY, 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.

Examiner Only	
Marks	Remark

1 State **three** micronutrients with antioxidant properties.

_____ [3]

2 Describe the effects on health of a prolonged deficiency of niacin.

_____ [4]

3 Explain the term nitrogen balance in relation to protein requirements.

_____ [4]

4 Differentiate between intrinsic and extrinsic sugars in the diet and provide examples to support your answer.

[5]

5 Present some of the possible health benefits of consuming alcohol in small to moderate amounts.

[5]

Examiner Only	
Marks	Remark

6 Explain the role of essential fatty acids in the diet.

[8]

Examiner Only

Marks

Remark

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Section B

Answer **one** question from this section.

- 9 (a)** Explain the nutritional significance of achieving an adequate intake of the following during pregnancy:
- energy;
 - protein; and
 - iron.
- [10]
- (b)** Debate the issue of micronutrient supplementation in pregnancy. [15]

Or

- 10 (a)** Identify and explain some of the difficulties in achieving good nutrition in schoolchildren and adolescents. [10]
- (b)** Discuss the specific nutritional requirements for schoolchildren (4–11 years). [15]

THIS IS THE END OF THE QUESTION PAPER

Examiner Only	
Marks	Remark

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