



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2016

Home Economics

Assessment Unit AS 2
assessing
Priority Health Issues



AN121

[AN121]

TUESDAY 31 MAY, MORNING

TIME

1 hour 30 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number on the Answer Booklet provided.

Answer **three** questions.

Answer **one** question from Section A and **two** questions from Section B.

INFORMATION FOR CANDIDATES

The total mark for this paper is 60.

Quality of written communication will be assessed in **all** questions.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Section A

Answer **one** question from this section.

Either

1 (a) Describe the role of glycemic index in diabetes management. [10]

(b) Explain why being overweight increases the risk of developing Type 2 diabetes. [10]

Or

2 (a) Describe how each of the following can help adults achieve good mental health:

- self help strategies; and
- complementary therapies. [10]

(b) Outline some of the reasons why Northern Ireland needs a Mental Health Strategy to promote good mental health. [10]

Section B

Answer any **two** questions from this section.

- 3 Examine a range of dietary and lifestyle risk factors for cardiovascular disease. [20]
- 4 Explain how the following advice may help to reduce the risk of cancer:
- increase fruit and vegetable consumption;
 - reduce total fat intake;
 - reduce salt intake; and
 - increase consumption of non-starch polysaccharides (NSP). [20]
- 5 Identify the two targets set out in the Northern Ireland Physical Activity Strategy and describe some of the health benefits associated with regular physical activity. [20]

THIS IS THE END OF THE QUESTION PAPER
