



# ADVANCED SUBSIDIARY (AS) General Certificate of Education January 2011

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# **Home Economics**

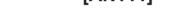
Assessment Unit AS 1

assessing

Nutrition for Optimal Health

[AN111]

**MONDAY 10 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 in 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	
IOlai	
Marks	

# **Section A**

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

	[3]
xplain <b>two</b> functions of potassium.	
	[4]
iscuss the effects of vitamin A deficiency.	
,	
	[4]

Examiner Only

Marks Remark

// [5]  Why is fat important in the diet of an infant (0–12 months)?  [5]	Describe in detail the role of selenium in the diets of adults.	Marks R
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		[5]

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[8]	

[8]	

#### **Section B**

Answer one question from this section in the Answer Booklet provided.

- 9 It is important that adolescents (12–18 years) maintain energy balance and eat a varied diet which provides sufficient nutrients to ensure optimal growth and development.
  - (a) Consider a range of issues which could result in poor energy balance for adolescents. [10]
  - **(b)** Discuss the specific nutritional requirements of an adolescent. [15]

Or

- (a) Discuss the energy and micro-nutrient requirements of older people. [10]
  - (b) Justify the advice you would give to older people to minimise the risk of the following dietary related disorders:
    - constipation;
    - anaemia; and
    - osteoporosis. [15]

# THIS IS THE END OF THE QUESTION PAPER

Examiner Only Marks Remark