

New  
Specification



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
January 2011

Centre Number

71	
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Candidate Number

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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	
<b>Total Marks</b>	

**Section A**

Examiner Only	
Marks	Remark

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

1 Identify **three** significant sources of protein for a vegan.

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[3]

2 Explain **two** functions of potassium.

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[4]

3 Discuss the effects of vitamin A deficiency.

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[4]

4 Describe in detail the role of selenium in the diets of adults.

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[5]

5 Why is fat important in the diet of an infant (0–12 months)?

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[5]

Examiner Only	
Marks	Remark

6 Explain the functions of soluble and insoluble non-starch polysaccharide (NSP) in the diet.

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[8]

Examiner Only	
Marks	Remark

7 Discuss a range of factors that could affect vitamin C status in the body.

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\_\_\_\_\_ [8]

Examiner Only	
Marks	Remark

**8** Explain why certain foods should be restricted or avoided during pregnancy.

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[8]

Examiner Only	
Marks	Remark

## 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**

- 10 (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]

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

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Examiner Only	
Marks	Remark

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