



Centre Number

71	
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Candidate Number

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ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2013

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## Home Economics

Assessment Unit AS 1

*assessing*

Nutrition for Optimal Health

[AN111]

FRIDAY 24 MAY, MORNING

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MV18

### TIME

1 hour 30 minutes, plus your additional time allowance.

### 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 at the end of each question indicate the marks awarded to each question or part question.

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**(Questions start overleaf)**

## Section A

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

- 1 Phytates interfere with the absorption of certain minerals. State **three** examples of these minerals. [3]

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- 2 Identify **two** significant food sources for each of the following: [4]

Soluble NSP      \_\_\_\_\_

Insoluble NSP      \_\_\_\_\_

- 3 Identify and explain the rationale for the current dietary guidelines regarding trans fatty acids in the diet. [4]

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**4** Justify the advice you would give to prevent dehydration in an active sports person. [5]

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**5** What is the difference between high biological value protein and low biological value protein? Give one example of a food providing each type. [5]

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**6** Evaluate the use of vitamin D supplements across the lifespan. [8]

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7 Explain the functions of carbohydrate as a nutrient in the body. [8]

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8 Consider the role of micronutrients in maintaining good bone health in the body. [8]

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## Section B

Answer **one** question from this section.

**9 (a)** Outline the health risks for adults of binge drinking. [10]

**(b)** Explain how the following foods could help promote a healthy diet for an adult:

- oily fish;
- fruit and vegetables; and
- soya bean products. [15]

**Or**

**10 (a)** Discuss the possible health benefits of boosting vitamin C and the B group vitamins in the diet of older people (65+). [10]

**(b)** Older people are at risk of poor nutritional status due to the natural effects of ageing and other social factors.

Identify and explain some of the health problems related to diet and nutrition that older people may experience in later life. [15]

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

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For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
<b>Total Marks</b>	