



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2013

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]**  
**FRIDAY 24 MAY, MORNING**



**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	
<b>Total Marks</b>	











## 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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Examiner Only

Marks Remark

