



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2014

Centre Number

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| 71 |  |
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Candidate Number

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**Home Economics**  
Assessment Unit AS 1  
*assessing*  
Nutrition for Optimal Health  
**[AN111]**  
**THURSDAY 22 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 A

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

- 1** State **three** dietary sources of vitamin B<sub>12</sub>.

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[3]

- 2** Describe the role of iodine in the body.

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[4]

- 3** Explain **two** reasons why the energy requirements for an older person may decrease with age.

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[4]

| Examiner Only |        |
|---------------|--------|
| Marks         | Remark |
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**8** Discuss the factors that impact on hydration levels in the body.

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[8]

| Examiner Only |        |
|---------------|--------|
| Marks         | Remark |
|               |        |

## Section B

Answer **one** question from this section.

- 9 (a) Breastfeeding is the optimal method of infant feeding and is recommended worldwide.

© British Nutrition Foundation [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

Present the arguments for breastfeeding in relation to the health of mother and baby. [10]

- (b) Explain the importance of the following nutrients in infancy:

- protein
- fat
- vitamin D
- zinc
- iron.

[15]

Or

- 10 (a) Consider the health implications for adult men of a high energy diet and a low intake of antioxidant nutrients. [10]

- (b) Surveys of nutritional status frequently demonstrate chronic shortages of iron, calcium and folate, not only in a woman's earlier years but extending through into later life.

Source: [www.eufic.org](http://www.eufic.org)

Discuss the importance of iron, calcium and folate for adult women. [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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