



Rewarding Learning
ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2015

Centre Number

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Candidate Number

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Home Economics

Assessment Unit AS 1
assessing
Nutrition for Optimal Health

MV18

[AN111]

WEDNESDAY 20 MAY, MORNING

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.

Section A

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

- 1 Identify **three** food sources of complex carbohydrates.
[3 marks]

- 2 Explain the importance of an adequate intake of vitamin K for babies and outline how this is achieved. [4 marks]

- 3 Compare haem and non-haem iron. State **one** food source for each type. [4 marks]

4 Why is fat important in the diet of an infant? [5 marks]

5 Outline the effects on health of a deficiency in vitamin A. [5 marks]

Section B

Answer **one** question from this section.

- 9 (a) Outline the risks to mother and baby of low and excessive weight gain during pregnancy. [10 marks]
- (b) Discuss the current advice regarding foods that should be restricted or avoided during pregnancy. [15 marks]

Or

- 10 (a) Explain the importance of including an adequate intake of the following in the diet of older people (65+):
- antioxidants; and
 - fluids. [10 marks]
- (b) Evaluate the role of supplementation in older people (65+). [15 marks]

THIS IS THE END OF THE QUESTION PAPER

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

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