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Candidate Null

General Certificate of Secondary Education 2012

# **Home Economics**

Unit 1: Diet and Health and Consumer Awareness

[GHE11]

**MONDAY 14 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.

Write your answers in the spaces provided in this question paper.

Section A: Diet and Health: 6 questions.

Section B: Consumer Awareness: 4 questions.

Answer all ten questions.

#### **INFORMATION FOR CANDIDATES**

The total mark for this paper is 100.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question. Quality of written communication will be assessed in questions **5**, **6**, and **10**.

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

Total	
Marks	

#### Section A - Diet and Health

Examiner Only		
Marks	Remark	

- 1 The Food Standards Agency has identified "8 tips for eating well"; one of these is "base your meals on starchy foods".
  - (a) Write down two sources of starchy foods.

4	I	ſ 4	٦.
1			
	i •		- 1

- 2. \_\_\_\_\_\_[1]
- (b) Suggest four pieces of dietary advice to reduce dental caries.
  - 1. \_\_\_\_\_\_[1]
  - 2. \_\_\_\_\_\_[1]
  - 3.
  - 4. \_\_\_\_\_\_[1]
- (c) Identify a health problem that may develop from a low intake of non-starch polysaccharide (NSP).

[1]
 L 'J

(d) Explain why eating foods rich in NSP can help maintain a healthy weight.

\_\_\_\_\_[2

Look at the ingredients list taken from a food label. 2

Examiner Only			
Marks	Remark		

Breakfast Cereal	All the date of the control of the c

### Ingredients

Rice, Sugar, Salt, Barley Malt Extract, Iron, Vitamin B<sub>6</sub>, Vitamin B<sub>2</sub>, Vitamin B<sub>1</sub>, Folic acid, Vitamin D and Vitamin B<sub>12</sub>.

- (a) Identify a function of the following vitamins:
  - (i) Vitamin B<sub>1</sub>\_\_\_\_\_

(ii) Vitamin D\_\_\_\_\_

(b) Write down two dietary disorders linked to a high amount of salt in the diet.

1. \_\_\_\_\_\_[1]

2. \_\_\_\_\_\_[1]

(c) Explain why the ingredients on a food label are listed in a particular order.

\_\_\_\_\_[2]

Many food and drink products have additional <b>claims</b> on their lab Discuss why consumers may be misled by these statements.	Examiner Marks F
"No added sugar"	
	[2]
"80% fat free"	
Discuss <b>two</b> ways convenience foods can be used in preparing healthy balanced meals.	
1	
	[2]
2	
	[2]

(a)	Explain the importance of iron in the diet of a pregnant woman.		Examir Marks	
			Warks	Re
		_ [3]		
		- [-]		
(b)	Explain why pregnant women are encouraged to drink orange juice with foods containing iron.	!		
	with foods containing from.			
		[2]		

(c)	Exp	plain why pregnant women are given the following advice:		Examiner Only  Marks Remar
	(i)	Avoid soft cheese, e.g. Brie.		
			[2]	
	(ii)	Avoid liver.		
	` '			
			[4]	
	(iii)	Increase folic acid.		
			[2]	

Ma	ny people suffer fr	rom food intolerance.	Examiner Only  Marks Remark
(a)	Write down <b>two</b> s	symptoms of lactose intolerance.	
	1		[1]
	2		[1]
(b)	Underline <b>three</b> flactose intolerant	foods which should <b>not</b> be eaten by someone who t.	is
	Cow's milk	Soya products	
	Meat	Goat's milk	
	Custard	Bread	
			[3]
(c)	Discuss <b>two</b> poin coeliac disease.	nts of diet and lifestyle advice for a person with	
	1		
			[2]
			_
			[2]

4

Suggest and justify diet and lifestyle advice for parents wanting to rec their children's risk of obesity.	duce Examine Marks	R
·		
	[9]	

adolescent.	

	Section B – Consumer Awareness	Examiner Only  Marks Remark
(a)	Explain <b>two</b> difficulties for a 21-year-old foreign student, living in Northern Ireland, who wants to return a faulty laptop that was recently bought here.	,
	1	_
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		-
	[2	2]
	2	-
		_
	[;	2]
(b)	Explain how the Sale and Supply of Goods Act applies to this situation.	
		-
		-
		-
	[	2]
(c)	Describe <b>two</b> ways the Trading Standards Consumerline Service can support this student.	
	1	-
		-
	2	-
		-

	(The Consumer Council N.I., March 20	110)
		70).
1)	Write down <b>two</b> examples of "income" for a family.	
	1	[1]
	2	[1]
		[,]
b)	Describe the difference between "needs" and "wants" when planning family budget.	ga
		_
C)	"Adolescents should be taught to budget their money from an early age." Discuss this viewpoint.	_
		_
		_ _ _

etired couple may have to manage their resources more of	carefully. Examiner Marks F
Discuss <b>two</b> ways they could reduce their home energy	bills.
1	
	[2]
2	
	[2]
Evaluate their decision to shop in a market.	
	[6]
	L - J

scuss <b>three</b> factors which may influence a person when buying jeans.		Examine	
	IV	Marks	F
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THIS IS THE END OF THE QUESTION PAPER

