

71
Candidate Null

General Certificate of Secondary Education 2013

Home Economics

Unit 1: Diet and Health and Consumer Awareness

[GHE11]

THURSDAY 16 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		
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5		
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7		
8		
9		
10		

Total	
Marks	

Section A - Diet and Health

Examiner Only		
Marks	Remark	

1	(a)	List two reasons why the body needs energy.
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1.	1	ı
	-	-

(b) The table below shows the average energy requirements of males and females at different ages.

	4–11 years kcal/day	12–18 years kcal/day	19–64 years kcal/day	65+ years kcal/day
Male	1800	2700	2500	2100
Female	1600	2100	1900	1800

Using the information from the table:

1. Write down the energy requirement of a female child.

_____ kcal/day [1]

2. Identify the age and gender with the highest energy requirement.

[1]

(c) Explain two factors that may affect a person's energy requirement.

1. _____

[2]

2. _____

[0]

(d) Write down the name of the vitamin that helps release energy from nutrients.

_____[1]

2 (a) Identify **three** foods in the table which are valuable sources of vitamin A.

Carrots	Cheese	
Potatoes	Rice	
Eggs	White bread	

[3]

Examiner Only

(b) Write	down	two	functions	of	vitamin	Α.

[1]

(c)	Outline the effect on health of having too much vitamin A in the diet.			

[2]

_____[1]

3 The "eatwell plate" is divided into five food groups.

Examiner Only		
Marks	Remark	

(a) Identify **one** of the main nutrients provided by each food group in the table below:

Food groups	Main nutrient
Bread, rice, potatoes, pasta	
Milk and dairy foods	
Meat, fish, eggs, beans	
Fruit and vegetables	
Food and drinks high in fat and/or sugar	

[5]

(b) Discuss how a vegetarian can ensure an adequate intake of the following nutrients in their diet:

1. Iron				

		LO.
		1/

2. Protein			

[2]

(c)	According to the Food Standards Agency approximately one third of the food we buy is thrown out.	of	Examin Marks	er Only Remarl
	Discuss how leftover food can be stored and reused safely.			
		_ [6]		
(d)	Outline the protection offered to the consumer by the Food Safety (N.I.) Order 1991.			
		_ [2]		

(a)	Describe the condition "diabetes".	Examin Marks	er C
		_	
		[3]	
b)	Discuss two factors that may increase the risk of developing Type 2 diabetes.	2	
	1		
	2		
	2		
٥)	Discuss the dietary advice you would give someone to manage	[2]	
c)	Type 2 diabetes.		
		_	
		_	
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		[4]	

Discuss the benefits of eating breakfast.		Examine Marks	er Only Remark
	[9]		

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Section B – Consumer Awareness

7 (a) Identify two products that display this type of label.



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			4

(b)	Explain why consum	ers may find this	s symbol usefu	l when buying
	goods.			

			[2

(c)	Discuss	how	Citizens	Advice	supports	consumers.
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			[4]

Discuss the influence of friends when shopping.		Examin	
		Marks	Remark
	_ [2]		
Explain two ways the layout of a supermarket encourages a			
consumer to buy more goods.			
1			
1.			
	[0]		
	_ [4]		
2			
	[2]		
	_ [_]		
Evaluate an adult's decision to do their food shopping in a small independent shop.			
	 _ [4]		
	 [4]		

(a)	Explain how redundancy or job loss can affect how a person mana their:	AGES Examine Marks
	1. Money	
	2. Time	
(b)	Consider the use of a credit card when buying a plasma screen television.	
		[6]
(c)	Write down the name of the Act that protects consumers from misleading or aggressive business practice.	
		[1]

Older people (65+ years) can be effective consumers. Evaluate this statement.		Examiner Iarks R
statement.		
	_ [9]	





