



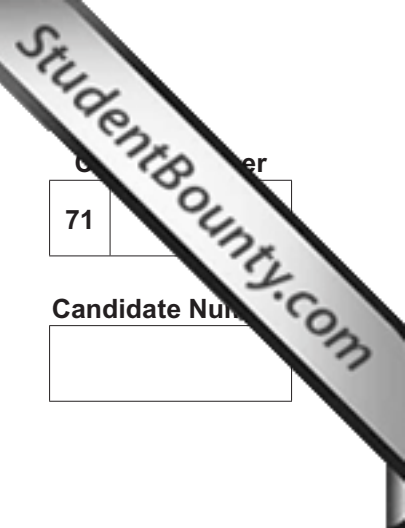
General Certificate of Secondary Education
2014

Home Economics

Unit 1: Diet and Health and Consumer Awareness

[GHE11]

WEDNESDAY 21 MAY, AFTERNOON



Centre Number
71

Candidate Number

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 following two meals are popular lunch choices:

Meal A: baked potato and tuna
cola drink

Meal B: hamburger and chips
apple juice

(a) Identify the meal with the higher saturated fat content (Meal A or B).

_____ [1]

(b) Describe **two** ways saturated fat intake could be reduced when preparing meals.

1. _____

_____ [2]

2. _____

_____ [2]

(c) Although we are advised to cut down on fat, it is still an essential nutrient.

Write down **two** functions of fat in the diet.

1. _____ [1]

2. _____ [1]

(d) Eating too much fat is a risk factor for coronary heart disease.

List **four** other factors that may increase the risk of this dietary disorder.

1. _____ [1]

2. _____ [1]

3. _____ [1]

4. _____ [1]

Examiner Only	
Marks	Remark

2 (a) Discuss the importance of sugar and starch in the diet of an adolescent (12–18 years) who plays sport.

Sugar _____

_____ [2]

Starch _____

_____ [2]

(b) Explain why an adolescent who plays sport needs a good intake of iron.

_____ [3]

(c) Discuss **two** factors that affect the absorption of iron in the body.

1. _____

_____ [2]

2. _____

_____ [2]

Examiner Only	
Marks	Remark

3 Older people are at risk of malnutrition.

(a) Explain why the following are important in the diet of an older person:

Calcium:

[2]

NSP:

[2]

Water:

[2]

(b) Discuss how low biological value protein can be of benefit in the diet.

[3]

Examiner Only	
Marks	Remark

4 Sandwiches are often taken to school or work.

(a) Explain why there may be a high risk of *Staphylococcus aureus* food poisoning from take-away sandwiches bought in a shop.

[4]

(b) Write down the job title of the person employed by the council to enforce the Food Safety (Northern Ireland) Order 1991.

[1]

(c) Explain why there is a “use by” date on the sandwich packaging.

[3]

(d) Nano foods are becoming more widely used in the food industry.

Write down **one** advantage and **one** disadvantage of nano foods.

Advantage

[1]

Disadvantage

[1]

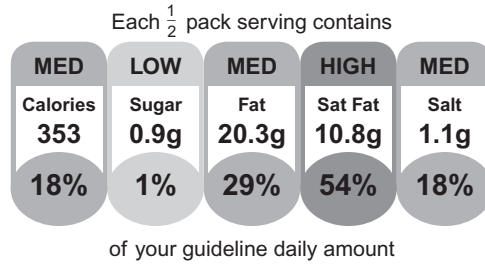
Examiner Only	
Marks	Remark

5 Analyse how “user-friendly” the nutrition information is on each of the labels below.

Label A

Nutrition Information		
	Typical values	
	per 100g	per serving 356g
Energy	572 kJ 137 kcal	2032 kJ 486 kcal
Protein	8.46 g	30.1 g
Carbohydrate of which Sugar	15.5 g 2.69 g	55.1 g 9.57 g
Fat of which Saturates	5.03 g 2.01 g	17.9 g 7.16 g
Fibre (NSP)	1.09 g	3.89 g
Salt of which Sodium	0.26 g 0.1 g	0.92 g 0.37 g

Label B



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[9]

Examiner Only	
Marks	Remark

Section B – Consumer Awareness

Examiner Only	
Marks	Remark

7 (a) Complete the table below identifying **one** advantage and **one** disadvantage for a consumer who uses a wheelchair.

Shopping option	Advantage for a consumer who uses a wheelchair	Disadvantage for a consumer who uses a wheelchair
Supermarket	•	•
Mail order (catalogue)	•	•

[4]

(b) Explain **two** reasons why some people may choose **not** to shop online, despite greater access to the Internet.

1. _____

 _____ [2]

2. _____

 _____ [2]

Consumers often fail to complain about poor goods and services.

(c) Explain **two** barriers that may prevent a consumer from complaining about poor goods or services.

1. _____

_____ [2]

2. _____

_____ [2]

(d) Write down **three** shopping rights consumers have under the Sale and Supply of Goods Act 1994.

1. _____ [1]
2. _____ [1]
3. _____ [1]

Examiner Only	
Marks	Remark

8 (a) Discuss **two** different marketing strategies used to influence consumers when shopping.

1. _____

_____ [2]

2. _____

_____ [2]

(b) Analyse the consequences of poor money management for a family.

_____ [6]

Examiner Only	
Marks	Remark

9 There are many sources of consumer information provided by the media.

(a) Evaluate consumer programmes as a source of information for adolescents.

[4]

(b) Describe the support and information provided to consumers by Advice NI.

[3]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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