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General Certificate of Secondary Education 2015

Home Economics

Unit 1: Diet and Health and Consumer Awareness



[GHE11]

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TUESDAY 26 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.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in blue or black ink only. Do not write with a gel pen.

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.



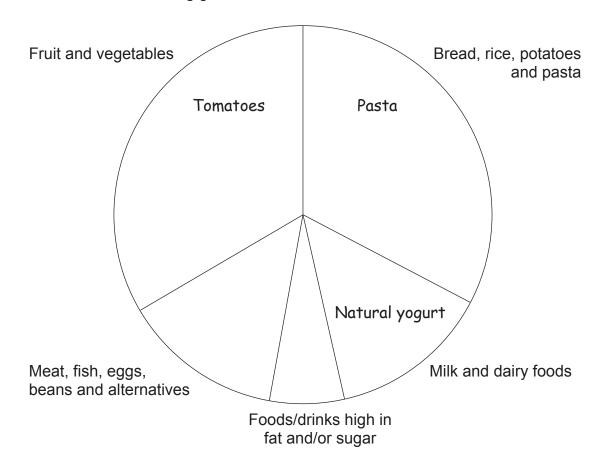
Section A - Diet and Health

1 (a) Place all ingredients from the recipe below in the correct section of the eatwell plate.

Three ingredients have already been completed.

Mediterranean Chicken

200 g pasta 1 green pepper 150 g chicken 400 g tinned chopped tomatoes 125 ml natural yogurt 25 g breadcrumbs 25 g grated low fat cheese



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(b)	Write down two ways the non-starch polysaccharide (NSP) content of this could be increased.	dish
	1	_ [1]
	2	_ [1]
(c)	Tomatoes are a rich source of vitamin C.	
	Explain two functions of vitamin C.	
	1	
		[2]
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(e) E	Explain the importance of including folate in the diet during pregnancy.	
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()	Children (4–11 years) often eat too many sugary foods. Discuss two effect their health of eating a diet high in sugar.	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
	1	
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(b)	A healthy diet for children includes no more than 3g of salt per day.	
	(i) Write down one way a parent can reduce salt in their child's diet.	
		[
	(ii) Write down one function of sodium in the body.	
		
		[
(a)	Discuss why it is important for a shild's calcium pands to be mot	
(C)	Discuss why it is important for a child's calcium needs to be met.	
		[

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Th	e Food Standards Agency has identified 8 tips for eating well.	
(a)	Explain why it is important to follow these tips:	
	Get active and try to be a healthy weight	
	Don't skip breakfast	
(b)	Explain two nutritional reasons why fish should be included in the diet.	
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4 (a)	Describe the following terms:	
		functional foods	
			[2]
		food allergy	
			[2]
(b)	Write down two points to consider when planning meals for someone with a food allergy.	
		1	
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	Discuss the possible impact of convenience foods on health and lifestyle.
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Section B - Consumer Awareness

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7 (a) Many stores operate a loyalty card system. Discuss the benefits of this marketing strategy for the consumer.



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(b) Write down **two** in-store promotions that could be used to encourage consumers to spend money.

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xplain why a consumer may want to buy goods with the following symbol:	
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	[2]
	explain why a consumer may want to buy goods with the following symbol:



8	(a)	Analyse the use of the internet as a method of shopping for college students.	
			-
			_
			 [4]
	(b)	College students often live away from home. Discuss two ways this change in lifestyle can influence a student's shopping behaviour. 1	
		2	 [2]
	(c)	Outline the protection offered by the Consumer Protection (Distance Selling) Regulations (2000) for online purchases.	
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(b)	A consumer has tried to return a faulty computer game recently bought in a locatore. The store only offers a credit note instead of a refund. Discuss the rights
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	store. The store only offers a credit note instead of a refund. Discuss the rights of the consumer in this situation. Write down two consumer organisations which provide support when buying



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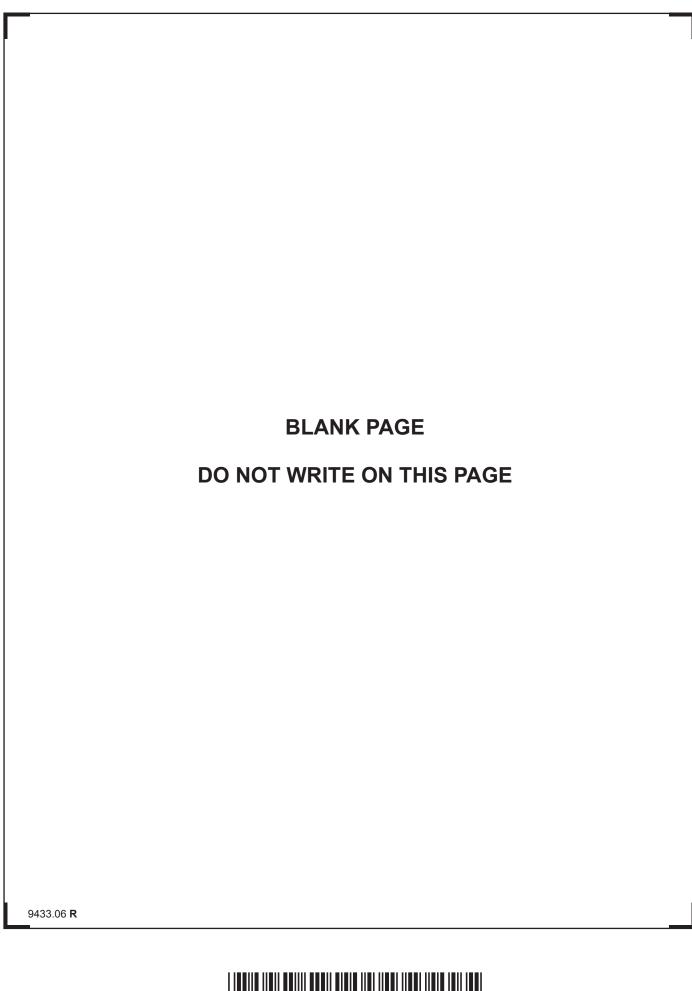
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Question Number	Marks	
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Total Marks

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