



*Rewarding Learning*

General Certificate of Secondary Education  
January 2019

Centre Number

--	--	--	--	--

Candidate Number

--	--	--	--	--

# Home Economics

Unit 1: Diet and Health  
and Consumer Awareness



[GHE11]

GHE11

**THURSDAY 17 JANUARY, 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 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.**

11476



\*20GHE1101\*

## Section A – Diet and Health

1 (a) State **two** functions of vitamin C.

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

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

(b) Explain why the following advice is given in the “8 tips for eating well”:

1. Eat more fish

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

2. Eat less salt

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

(c) Write down **two** ways we can reduce our salt intake.

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

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



(d) Discuss why we should base our meals on starchy foods.

---

---

---

[2]

[Turn over

11476



\*20GHE1103\*

2 The following table shows a nutrition information panel from a food product.

	Nutrition Information	
	Typical values	
	per 100g	per serving 356g
Energy	137 kcal	486 kcal
Protein	8 g	30 g
Carbohydrate of which sugars	15 g 3 g	55 g 10 g
Fat of which saturates	5 g 2 g	18 g 7 g
Fibre (NSP)	1 g	4 g

(a) Explain how this table could be useful to someone concerned about their fat intake.

---

---

---

[2]

(b) Discuss the role of insoluble non-starch polysaccharide (NSP) in the diet.

---

---

---

---

---

---

[4]



(c) Explain why a toddler should not eat a diet high in non-starch polysaccharide (NSP).

---

---

---

[2]

(d) Discuss why people with coeliac disease might find this label useful when shopping.



CUK-M-001

© [www.coeliac.org.uk](http://www.coeliac.org.uk)

---

---

---

[2]

(e) Describe the dietary advice for an individual with coeliac disease.

---

---

---

---

[3]

[Turn over



3 (a) Discuss **two** ways of ensuring a good supply of calcium in the diet of an adolescent (12–18 years).

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

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

(b) Write down **three** ways of preventing dental caries in adolescents (12–18 years).

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

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

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



4 (a) Identify **four** personal hygiene rules to prevent food poisoning.

1. \_\_\_\_\_ [1]
2. \_\_\_\_\_ [1]
3. \_\_\_\_\_ [1]
4. \_\_\_\_\_ [1]

(b) Outline how the Food Safety (NI) Order 1991 protects the consumer in keeping food safe.

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

(c) Evaluate the use of convenience foods for an older adult (65+ years).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [6]

[Turn over













## Section B – Consumer Awareness

7 (a) Write down **two** types of media used for advertising.

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

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

(b) Explain **two** ways store layout can influence consumers.

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

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





8 (a) Write down **two** responsibilities associated with being an effective consumer.

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

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

(b) Evaluate the use of cash as a method of payment when shopping.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [4]

(c) Discuss **one** advantage of each of the following shopping options:

1. Mail order  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

2. Independent shop  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]





**BLANK PAGE**

**DO NOT WRITE ON THIS PAGE**

**(Questions continue overleaf)**

**[Turn over**



9 (a) State **two** ways consumers are protected under the Unfair Trading Regulations, 2008.

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

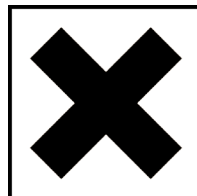
2. \_\_\_\_\_  
\_\_\_\_\_ [1]

(b) Explain the purpose of the following safety labels:



© British Standards Institution

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



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





(c) Discuss the support and information provided by the Consumer Council (NI).

---

---

---

---

[3]

[Turn over







**DO NOT WRITE ON THIS PAGE**

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

<b>Total Marks</b>	
--------------------	--

Examiner Number

Permission to reproduce all copyright material has been applied for.  
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA will be happy to rectify any omissions of acknowledgement in future if notified.

11476/4



\*20GHE1120\*