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General Certificate of Secondary Education

January 2019

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.



Section A – Diet and Health (a) State two functions of vitamin C. **(b)** Explain why the following advice is given in the "8 tips for eating well": 1. Eat more fish 2. Eat less salt (c) Write down two ways we can reduce our salt intake. 1. ______ [1] 2. ______ [1]

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

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

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



	Explain why a toddler should not eat a diet high in non-starch polysaccharide (NSP).	
		[2]
	Discuss why people with coeliac disease might find this label useful when shopping.	
	CUK-M-001 © www.coeliac.org.uk	
		[2]
e)	Describe the dietary advice for an individual with coeliac disease.	
		[3]
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3	(a)	Discuss two ways of ensuring a good supply of calcium in the diet of an adolescent (12–18 years).
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	(b)	Write down three ways of preventing dental caries in adolescents (12–18 years
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(a)	Identify four personal hygiene rules to prevent food poisoning.	r.a
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(b)	Outline how the Food Safety (NI) Order 1991 protects the consumer in k food safe.	eeping
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(c)	Evaluate the use of convenience foods for an older adult (65+ years).	
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5	Discuss nutritional and dietary requirements during pregnancy.
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(c	Evaluate family and friends as a source of information for a consumer planning to buy a television.
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8 (a) Write down two responsibilities associated with being an effective consu	mer.
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	2	
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(k	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. Independent shop	[2
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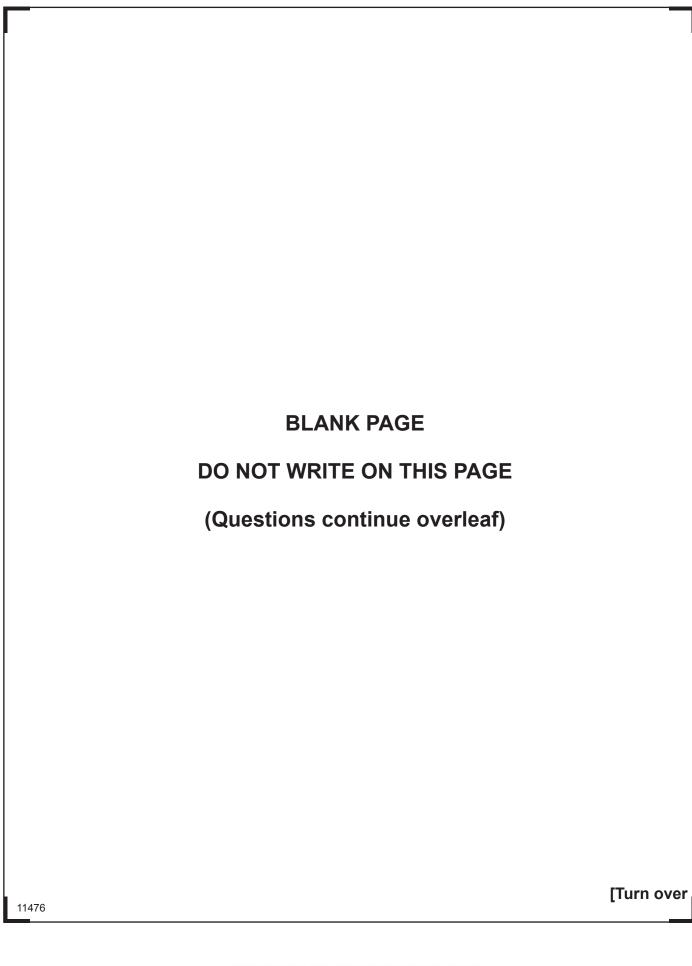
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9	(a)	State two ways consumers are protected under the Unfair Trading Regulations, 2008.	
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	(b)	Explain the purpose of the following safety labels:	
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(c)	Discuss the support and information provided by the Consumer Council (NI).		
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g.	Discuss how environmental and ethical factors influence food shopping.
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