



Centre Number

71

Candidate Number

General Certificate of Secondary Education
2011

Home Economics

Unit 1: Diet and Health and Consumer Awareness

[GHE11]

TUESDAY 17 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**.

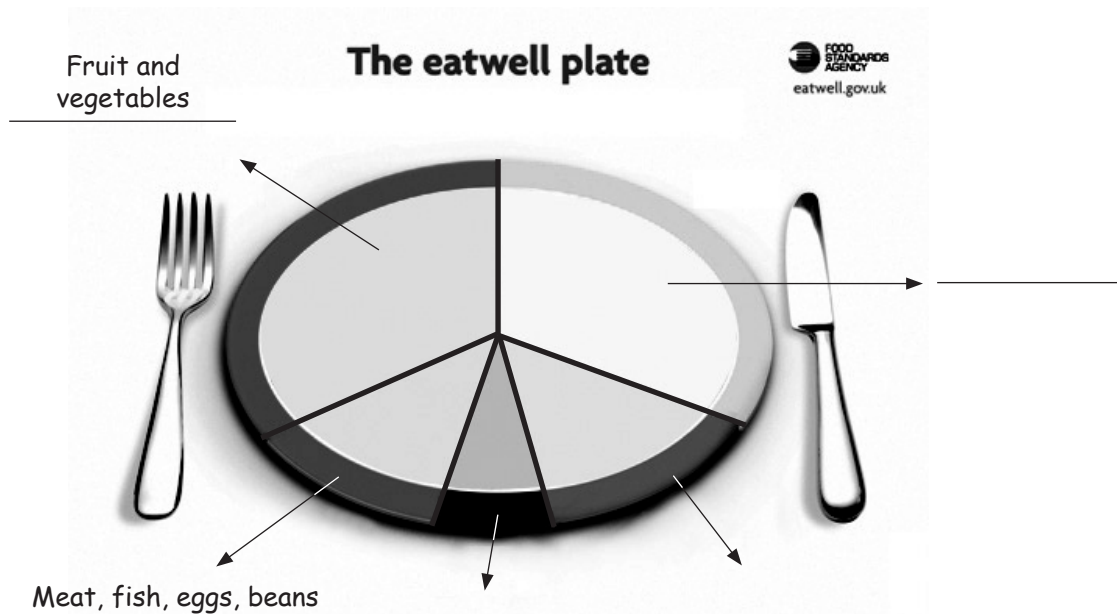
For Examiner's
use only

Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Total
Marks

SECTION A – DIET AND HEALTH

- 1 (a) Label the following sections of the eatwell plate.



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[3]

- (b) The Food Standards Agency has identified '8 tips for eating well'.

Write down **three** of these tips.

1. _____ [1]

2. _____ [1]

3. _____ [1]

(a) Write down **four** ways to creatively use fruit and vegetables in the diet.

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

(b) Explain **two** health benefits for children (4–11 years) of eating fruit and vegetables.

1. _____
- _____
- _____
- _____ [2]
2. _____
- _____
- _____
- _____ [2]

Examiner Only	
Marks	Remarks

Pasta Bake	
Original Recipe	Modified Recipe
200g pasta	
50g streaky bacon	50g cooked chicken
50g Cheddar cheese	50g low fat Cheddar cheese
$\frac{1}{2}$ teasp salt	
40g butter	40g poly-unsaturated margarine
40g plain flour	
575ml whole milk	

-
-
-
-
-
-
-
-
-
-
-
-
- [6]

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

1. _____ [1]

2. _____ [1]

[4]

Discuss **two** reasons why food is fortified.

1. _____

[2]

2. _____

_____ [2]

Examiner Only	
Marks	Remarks

[illegible]

[9]

[Turn over

3. _____ [1]

(b) Discuss **two** possible consequences of not managing your money properly.

[4]

Examiner Only	
Marks	Remarks

[4]

[4]

(b) Explain how the Consumer Protection (Distance Selling) Regulations 2000 protects consumers when buying goods from a shopping channel.

[2]

[2]

(c) Describe how the magazine “Which?” supports and informs consumers.

[4]

[4]

Examiner Only	
Marks	Remarks

10 Discuss how marketing influences children, or consumers buying goods for children.

[illegible]

Examiner Only	
Marks	Remarks

THIS IS THE END OF THE QUESTION PAPER

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