



General Certificate of Secondary Education
2013

Centre Number

71

Candidate Number

Home Economics
**Unit 1: Diet and Health
and Consumer Awareness**

[GHE11]

THURSDAY 16 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

Examiner Only

Marks Remark

1 (a) List **two** reasons why the body needs energy.

1. _____ [1]

2. _____ [1]

(b) The table below shows the average energy requirements of males and females at different ages.

	4–11 years kcal/day	12–18 years kcal/day	19–64 years kcal/day	65+ years kcal/day
Male	1800	2700	2500	2100
Female	1600	2100	1900	1800

Using the information from the table:

1. Write down the energy requirement of a female child.

_____ kcal/day [1]

2. Identify the age and gender with the highest energy requirement.

_____ [1]

(c) Explain **two** factors that may affect a person's energy requirement.

1. _____

_____ [2]

2. _____

_____ [2]

(d) Write down the name of the vitamin that helps release energy from nutrients.

_____ [1]

- 2 (a) Identify **three** foods in the table which are valuable sources of vitamin A.

Carrots		Cheese	
Potatoes		Rice	
Eggs		White bread	

[3]

- (b) Write down **two** functions of vitamin A.

_____ [1]

_____ [1]

- (c) Outline the effect on health of having too much vitamin A in the diet.

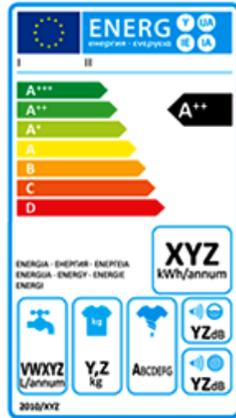
_____ [2]

Examiner Only	
Marks	Remark

Section B – Consumer Awareness

Examiner Only	
Marks	Remark

7 (a) Identify **two** products that display this type of label.



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1. _____ [1]

2. _____ [1]

(b) Explain why consumers may find this symbol useful when buying goods.

 _____ [2]

(c) Discuss how Citizens Advice supports consumers.

 _____ [4]

THIS IS THE END OF THE QUESTION PAPER

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