



General Certificate of Secondary Education  
2015

Centre Number

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Candidate Number

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# Home Economics

Unit 1: Diet and Health  
and Consumer Awareness



[GHE11]

\*GHE11\*

**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.**



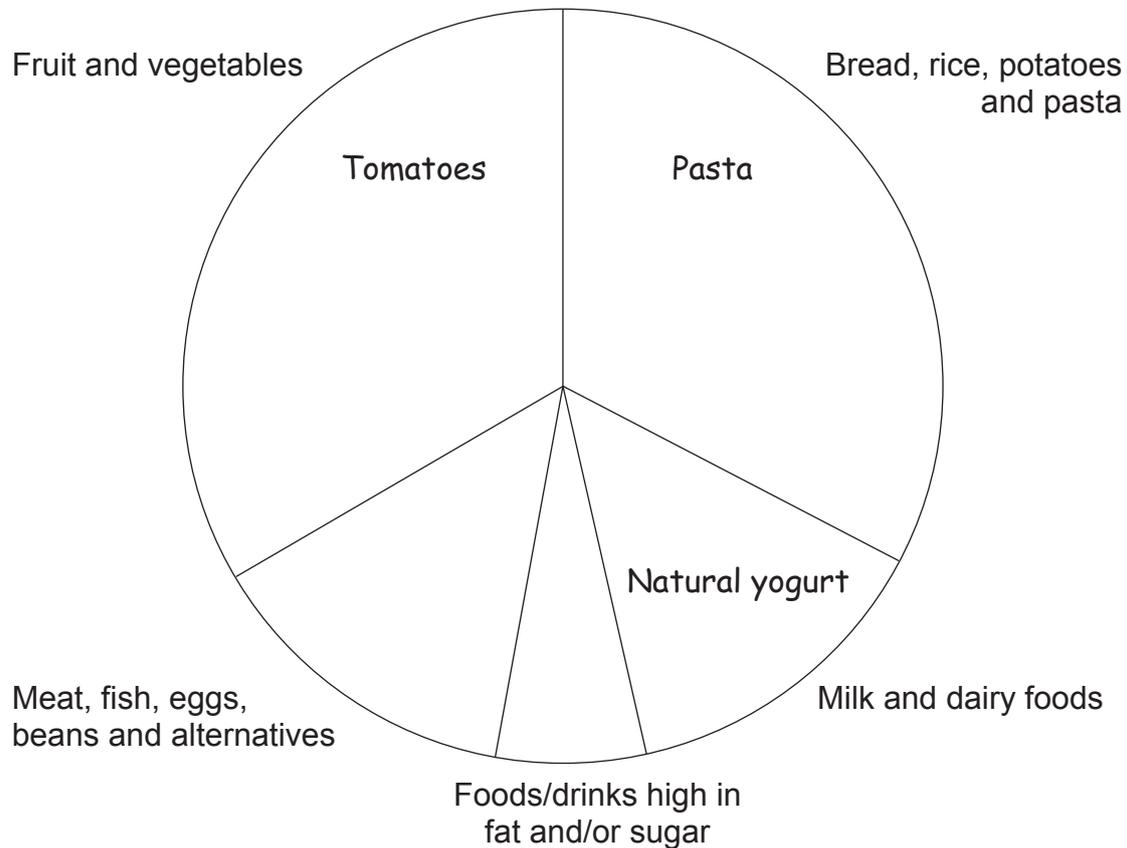
## Section A – Diet and Health

- 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



[4]

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(b) Write down **two** ways the non-starch polysaccharide (NSP) content of this dish could be increased.

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

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

(c) Tomatoes are a rich source of vitamin C.

Explain **two** functions of vitamin C.

1. \_\_\_\_\_

\_\_\_\_\_

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

2. \_\_\_\_\_

\_\_\_\_\_

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

[Turn over



(d) Discuss **three** food safety precautions which should be taken when preparing Mediterranean Chicken for a pregnant woman.

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

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

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

(e) Explain the importance of including folate in the diet during pregnancy.

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



2 (a) Children (4–11 years) often eat too many sugary foods. Discuss **two** effects on their health of eating a diet high in sugar.

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

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

(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.

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

(ii) Write down **one** function of sodium in the body.

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

(c) Discuss why it is important for a child's calcium needs to be met.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [3]

[Turn over



3 The 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

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[2]

Don't skip breakfast

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[2]

(b) Explain **two** nutritional reasons why fish should be included in the diet.

1. 

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[2]

2. 

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[2]



4 (a) Describe the following terms:

functional foods

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[2]

food allergy

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[2]

(b) Write down **two** points to consider when planning meals for someone with a food allergy.

1. \_\_\_\_\_

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[1]

2. \_\_\_\_\_

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[1]

[Turn over







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[9]

[Turn over

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[9]

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[Turn over



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### Section B – Consumer Awareness

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



© Thinkstock

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[3]

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

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

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



(c) People from many different countries now live in Northern Ireland. Discuss how the following factors may affect these families when shopping:

Cultural factors

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[2]

Economic factors

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[2]

(d) Explain why a consumer may want to buy goods with the following symbol:



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[2]

[Turn over



8 (a) Analyse the use of the internet as a method of shopping for college students.

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[4]

(b) College students often live away from home. Discuss **two** ways this change in lifestyle can influence a student's shopping behaviour.

1. 

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[2]

2. 

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[2]

(c) Outline the protection offered by the Consumer Protection (Distance Selling) Regulations (2000) for online purchases.

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[2]









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[9]

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**THIS IS THE END OF THE QUESTION PAPER**

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

<b>Total Marks</b>	
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Examiner Number

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