



General Certificate of Secondary Education
2016

Centre Number

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Candidate Number

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Home Economics

Unit 1: Diet and Health
and Consumer Awareness



[GHE11]

GHE11

THURSDAY 19 MAY, AFTERNOON

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.**



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Section A – Diet and Health

- 1 An ingredients list from a food product is shown below.

INGREDIENTS: Water, tomatoes, onions, red lentils (4.5%), **wheatflour**, salt, cream, tomato paste, garlic, white pepper, parsley.

- (a) State **two** reasons why an ingredients list is useful to consumers.

1. _____ [1]

2. _____ [1]

- (b) Explain why **wheatflour** in this ingredients list is in bold print.

 _____ [3]

- (c) Flour is a source of carbohydrate.

State the amount of energy provided by 1 gram of carbohydrate.

_____ kcal [1]

- (d) Write down **three** functions of water.

1. _____ [1]

2. _____ [1]

3. _____ [1]

[Turn over



2 (a) Tick **three** of the following foods that are good sources of vitamin D.

Oily fish	<input type="checkbox"/>	Mushrooms	<input type="checkbox"/>
Margarine	<input type="checkbox"/>	Eggs	<input type="checkbox"/>
Cabbage	<input type="checkbox"/>	Broccoli	<input type="checkbox"/>

[3]

(b) Write down **one** way of obtaining vitamin D that does not come from food.

[1]

(c) Vitamin D helps the body absorb calcium.

Discuss **one** other factor that affects the absorption of calcium.

[2]

(d) Older people are at risk of developing osteoporosis.

Explain the link between osteoporosis and calcium.

[3]



(e) (i) Discuss **two** ways this dish could be changed to increase the calcium content:

Pan fried Chicken with Boiled Potatoes and Carrots

Ingredients: 2 chicken breasts
1 tablespoon sunflower oil
100 g potatoes
75 g carrots

1. _____

_____ [2]

2. _____

_____ [2]

(ii) Identify **two** effects on health of having a deficiency of vitamin A.

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

(iii) Explain why it is important to include unsaturated fat in the diet.

_____ [3]

[Turn over



3 Obesity affects many adolescents (12–18 years).

(a) Discuss **two** reasons why obesity is increasing in adolescents.

1. _____

_____ [2]

2. _____

_____ [2]

(b) Diabetes is a health problem that can develop from obesity.

Describe the condition diabetes.

_____ [3]

(c) Write down **two** other health problems that could develop from obesity.

1. _____ [1]

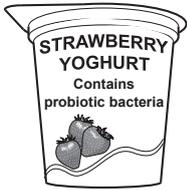
2. _____ [1]



4 (a) Explain why food is fortified.

[2]

(b) Discuss the possible health benefits of including probiotic bacteria in the functional food shown below.

 <p>Yoghurt containing probiotic bacteria</p>	<hr/> <hr/> <hr/> <hr/> <p>[2]</p>
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(c) State **two** food safety points for storing this yoghurt to reduce the risk of food poisoning.

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





[9]

[Turn over

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[9]

[Turn over

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Section B – Consumer Awareness

7 (a) Describe what is meant by the term “consumer”.

[2]

(b) Explain how the following factors influence shopping.

1. Physiological _____

[2]

2. Social _____

[2]

(c) Discuss **two** advantages of using shopping channels as a way of buying goods.

1. _____

[2]

2. _____

[2]





8 (a) A new baby in a family brings many changes in lifestyle.

Explain **two** factors that may make it difficult to manage money when a new baby arrives.

1. _____

_____ [2]

2. _____

_____ [2]

(b) Discuss ways a family could save money when shopping for food.

_____ [6]

[Turn over



9 (a) Many shops have their own store card.

Evaluate the use of store cards as a method of paying for goods.

[4]

(b) Write down **two** advantages and **one** disadvantage of asking a family member for advice when shopping for a mobile phone.

Advantages

1. _____

[1]

2. _____

[1]

Disadvantage

[1]



(c) Describe **two** situations when a consumer is **not** protected by the Sale and Supply of Goods Act (1994).

1. _____

_____ [2]

2. _____

_____ [2]

[Turn over





[9]

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

Total Marks	
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Examiner Number

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