



General Certificate of Secondary Education
2017

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 30 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 (a) The “8 tips for eating well” are shown in the diagram below.

Four of them have been completed for you; fill in the blanks in the **four** remaining tips.



[4]



(b) Write down **two** foods that are rich sources of starch.

1. _____ [1]

2. _____ [1]

(c) Explain how eating more fruit and vegetables benefits our health.

[3]

(d) Justify why we are advised to “cut down on saturated fat and sugar.”

[4]

[Turn over



- 2 (a) Explain **two** advantages of having the following information on a food label.

Each grilled burger (94g) contains

Energy 924kJ 220 kcal	Fat 13g	Saturates 5.9g	Sugars 0.8g	Salt 0.7g
11%	19%	30%	<1%	12%

of an adult's Guideline Daily Amount

Typical values (as sold) per 100g: energy 966kJ/230kcal

Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets developed by The Department of Health and the Food Standards Agency. Updated November 2016. © Crown Copyright. Contains public sector information licensed under the Open Government Licence v3.

1. _____

 _____ [2]

2. _____

 _____ [2]

- (b) Discuss **two** factors that can affect a person's energy requirements.

1. _____

 _____ [2]

2. _____

 _____ [2]



3 (a) Explain why a higher intake of carbohydrate is important in the diet of an adolescent who plays sport.

[3]

(b) Discuss **two** benefits of having soluble NSP in the diet.

(i) _____

[2]

(ii) _____

[2]

(c) Physical inactivity increases the risk of hypertension. Suggest **two** other factors which may lead to hypertension.

1. _____ [1]

2. _____ [1]

[Turn over



4 (a) Describe the diet of a vegan.

[2]

(b) Discuss how a vegan can ensure an adequate intake of the following nutrients:

(i) Iron

[2]

(ii) Vitamin B₁₂

[2]

(c) Explain what is meant by the term “protein complementation”.

[3]



(d) List **three** ways a vegan can reduce their risk of osteoporosis.

1. _____ [1]

2. _____ [1]

3. _____ [1]

[Turn over





[9]

[Turn over

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[9]

[Turn over

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Section B – Consumer Awareness

7 (a) Explain **one** way the Consumer Rights Act (2015) protects a consumer who has bought a product which is faulty.

[2]

(b) Compare the use of a credit card with a debit card when paying for goods or services.

[4]

(c) Describe how the Trading Standards Service informs and supports consumers.

[3]





8 (a) Explain **two** environmental factors which may influence a consumer when shopping for goods.

1. _____

_____ [2]

2. _____

_____ [2]

(b) Discuss **two** sources of information a consumer may use when choosing an electrical product.

(i) _____

_____ [2]

(ii) _____

_____ [2]



(c) Evaluate supermarkets as a shopping option.

[6]





9 (a) Explain **two** barriers that may prevent individuals from being effective consumers.

(i) _____

_____ [2]

(ii) _____

_____ [2]

(b) Discuss **one** advantage and **one** disadvantage of advertising as a marketing strategy.

Advantage

_____ [2]

Disadvantage

_____ [2]

[Turn over





[9]

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	

Total Marks	
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Examiner Number

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