



Rewarding Learning

General Certificate of Secondary Education  
2018

Centre Number

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Candidate Number

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# Home Economics

Unit 1: Diet and Health  
and Consumer Awareness



[GHE11]

GHE11

**MONDAY 21 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 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** Food poisoning affects some people more than others.

**(a)** Identify **two** vulnerable groups of people.

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

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

**(b)** Underline the food poisoning bacteria spread by coughing and sneezing.

Listeria                      Salmonella                      Staphylococcus aureus                      [1]

**(c)** Explain the difference between the terms “use by” and “best before” on food labels.

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

**(d)** Write down **two** other pieces of information that are required by law on a food label.

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

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



(e) Explain how an Environmental Health Officer protects the consumer in keeping food safe.

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[2]

(f) Manufacturers often make health claims on food labels. Discuss how consumers may be misled by this statement:



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[2]

[Turn over



2 (a) Discuss why the following are important during pregnancy:

Non-starch polysaccharide (NSP)

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[2]

Folic acid

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[2]

(b) Analyse why pregnant women are encouraged to drink orange juice with foods containing iron.

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[3]

(c) Identify **one** reason why pregnant women should avoid foods containing large amounts of vitamin A.

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[1]



3 (a) Describe **one** dietary factor that contributes to coronary heart disease (CHD).

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[2]

(b) Suggest and justify **two** pieces of lifestyle advice to reduce an adult's risk of CHD.

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

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[2]

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

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[2]

(c) Explain why it is important for older adults (65+ years) to have a regular intake of water.

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[2]

(d) Write down **two** dietary sources of water.

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

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

[Turn over



4 (a) Discuss **two** reasons why breakfast is important for children (4–11 years).

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

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

(b) Describe **one** effect of eating too many sugary foods on the child's health.

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



(c) Discuss **two** points to consider when preparing meals for a child with a food allergy.

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

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

(d) Identify **two** foods that could not be eaten by a child who is lactose intolerant.

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

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

[Turn over







### Section B – Consumer Awareness

7 (a) Explain the difference between “needs” and “wants” when budgeting.

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[2]

(b) Write down **two** methods of paying for goods or services.

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

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

(c) Outline **three** possible consequences for a family who cannot manage their finances effectively.

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

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[2]

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

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[2]

3. \_\_\_\_\_

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[2]



(d) Identify **two** changes in lifestyle that may affect an individual's ability to manage their finances effectively.

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

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

[Turn over



8 (a) Describe **two** financial incentives offered by supermarkets.

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

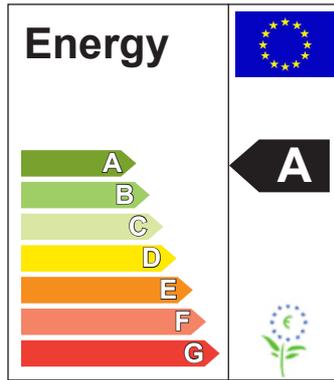
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

(b) Analyse how a consumer can help protect the environment when shopping for food.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [6]



9 (a) Write down **two** products that would display this label:



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

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

(b) Discuss how this label could help consumers make an informed choice when buying goods.

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

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [4]

[Turn over







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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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