



Rewarding Learning

General Certificate of Secondary Education
January 2019

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 17 JANUARY, 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 (a) State **two** functions of vitamin C.

1. _____ [1]

2. _____ [1]

(b) Explain why the following advice is given in the “8 tips for eating well”:

1. Eat more fish

_____ [2]

2. Eat less salt

_____ [2]

(c) Write down **two** ways we can reduce our salt intake.

1. _____ [1]

2. _____ [1]



(d) Discuss why we should base our meals on starchy foods.

[2]

[Turn over



- 2 The following table shows a nutrition information panel from a food product.

	Nutrition Information	
	Typical values	
	per 100g	per serving 356g
Energy	137 kcal	486 kcal
Protein	8g	30g
Carbohydrate of which sugars	15g 3g	55g 10g
Fat of which saturates	5g 2g	18g 7g
Fibre (NSP)	1g	4g

- (a) Explain how this table could be useful to someone concerned about their fat intake.

[2]

- (b) Discuss the role of insoluble non-starch polysaccharide (NSP) in the diet.

[4]



(c) Explain why a toddler should not eat a diet high in non-starch polysaccharide (NSP).

[2]

(d) Discuss why people with coeliac disease might find this label useful when shopping.



CUK-M-001

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[2]

(e) Describe the dietary advice for an individual with coeliac disease.

[3]

[Turn over



3 (a) Discuss **two** ways of ensuring a good supply of calcium in the diet of an adolescent (12–18 years).

1. _____

_____ [2]

2. _____

_____ [2]

(b) Write down **three** ways of preventing dental caries in adolescents (12–18 years).

1. _____ [1]

2. _____ [1]

3. _____ [1]



4 (a) Identify **four** personal hygiene rules to prevent food poisoning.

- 1. _____ [1]
- 2. _____ [1]
- 3. _____ [1]
- 4. _____ [1]

(b) Outline how the Food Safety (NI) Order 1991 protects the consumer in keeping food safe.

_____ [2]

(c) Evaluate the use of convenience foods for an older adult (65+ years).

_____ [6]

[Turn over



Section B – Consumer Awareness

7 (a) Write down **two** types of media used for advertising.

1. _____ [1]

2. _____ [1]

(b) Explain **two** ways store layout can influence consumers.

1. _____

_____ [2]

2. _____

_____ [2]



8 (a) Write down **two** responsibilities associated with being an effective consumer.

1. _____
_____ [1]

2. _____
_____ [1]

(b) Evaluate the use of cash as a method of payment when shopping.

_____ [4]

(c) Discuss **one** advantage of each of the following shopping options:

1. Mail order

_____ [2]

2. Independent shop

_____ [2]





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[Turn over



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9 (a) State **two** ways consumers are protected under the Unfair Trading Regulations, 2008.

1. _____
_____ [1]

2. _____
_____ [1]

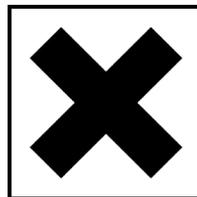
(b) Explain the purpose of the following safety labels:



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1. _____

_____ [2]



2. _____

_____ [2]



(c) Discuss the support and information provided by the Consumer Council (NI).

[3]

[Turn over



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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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