

New
Specification



Centre Number

71	
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Candidate Number

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General Certificate of Secondary Education
2011

Home Economics

Unit 1: Diet and Health and Consumer Awareness

[GHE11]

TUESDAY 17 MAY, MORNING



GHE11

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.

Write your answers in the spaces provided in this question paper.

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.

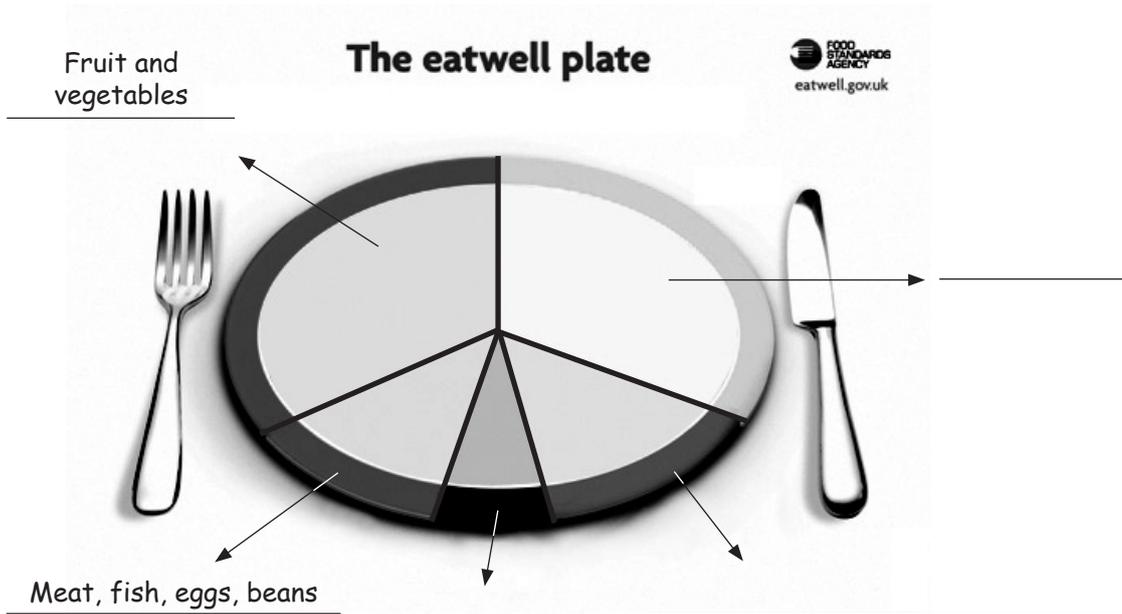
Quality of written communication will be assessed in questions **5, 6, and 10**.

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

SECTION A – DIET AND HEALTH

Examiner Only	
Marks	Remark

1 (a) Label the following sections of the eatwell plate.



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[3]

(b) The Food Standards Agency has identified '8 tips for eating well'.

Write down **three** of these tips.

1. _____ [1]

2. _____ [1]

3. _____ [1]

2 Fruit and vegetables are an important part of the diet.

(a) Write down **four** ways to creatively use fruit and vegetables in the diet.

1. _____ [1]

2. _____ [1]

3. _____ [1]

4. _____ [1]

(b) Explain **two** health benefits for children (4–11 years) of eating fruit and vegetables.

1. _____

 _____ [2]

2. _____

 _____ [2]

Examiner Only	
Marks	Remark

4 Young women are at risk of developing osteoporosis in later life.

(a) Suggest **two** pieces of advice **other** than diet that should be followed to reduce the risk of osteoporosis.

1. _____ [1]

2. _____ [1]

(b) Discuss the role of vitamin D and calcium in bone health.

_____ [4]

(c) Foods such as bread and margarine have calcium and vitamin D added to them.

Discuss **two** reasons why food is fortified.

1. _____

_____ [2]

2. _____

_____ [2]

Examiner Only	
Marks	Remark

8 (a) Write down **three** barriers that may prevent an individual from being an effective consumer.

1. _____ [1]

2. _____ [1]

3. _____ [1]

(b) Discuss **two** possible consequences of not managing your money properly.

_____ [4]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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