



General Certificate of Secondary Education
2012

Centre Number

71

Candidate Number

Home Economics
**Unit 1: Diet and Health
and Consumer Awareness**

[GHE11]

MONDAY 14 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.

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 The Food Standards Agency has identified “8 tips for eating well”; one of these is “base your meals on starchy foods”.

(a) Write down **two** sources of starchy foods.

1. _____ [1]

2. _____ [1]

(b) Suggest **four** pieces of dietary advice to reduce dental caries.

1. _____ [1]

2. _____ [1]

3. _____ [1]

4. _____ [1]

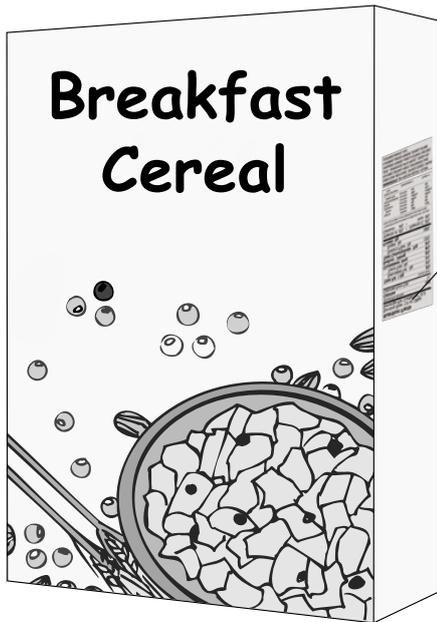
(c) Identify a health problem that may develop from a low intake of non-starch polysaccharide (NSP).

_____ [1]

(d) Explain why eating foods rich in NSP can help maintain a healthy weight.

_____ [2]

2 Look at the ingredients list taken from a food label.



Ingredients

Rice, Sugar, Salt, Barley Malt Extract, Iron, Vitamin B₆, Vitamin B₂, Vitamin B₁, Folic acid, Vitamin D and Vitamin B₁₂.

(a) Identify a function of the following vitamins:

(i) Vitamin B₁ _____
 _____ [1]

(ii) Vitamin D _____
 _____ [1]

(b) Write down **two** dietary disorders linked to a high amount of salt in the diet.

1. _____ [1]

2. _____ [1]

(c) Explain why the ingredients on a food label are listed in a particular order.

 _____ [2]

Examiner Only	
Marks	Remark

- (d) Many food and drink products have additional **claims** on their label. Discuss why consumers may be misled by these statements.

“No added sugar”

[2]

“80% fat free”

[2]

- (e) Discuss **two** ways convenience foods can be used in preparing healthy balanced meals.

1. _____

[2]

2. _____

[2]

Examiner Only	
Marks	Remark

(c) Explain why pregnant women are given the following advice:

(i) Avoid soft cheese, e.g. Brie.

[2]

(ii) Avoid liver.

[2]

(iii) Increase folic acid.

[2]

Examiner Only

Marks Remark

4 Many people suffer from food intolerance.

(a) Write down **two** symptoms of lactose intolerance.

1. _____ [1]

2. _____ [1]

(b) Underline **three** foods which should **not** be eaten by someone who is lactose intolerant.

Cow's milk

Soya products

Meat

Goat's milk

Custard

Bread

[3]

(c) Discuss **two** points of diet and lifestyle advice for a person with coeliac disease.

1. _____

_____ [2]

2. _____

_____ [2]

Examiner Only

Marks Remark

Section B – Consumer Awareness

Examiner Only

Marks Remark

- 7 (a) Explain **two** difficulties for a 21-year-old foreign student, living in Northern Ireland, who wants to return a faulty laptop that was recently bought here.

1. _____

 _____ [2]

2. _____

 _____ [2]

- (b) Explain how the Sale and Supply of Goods Act applies to this situation.

 _____ [2]

- (c) Describe **two** ways the Trading Standards Consumerline Service can support this student.

1. _____

 _____ [2]

2. _____

 _____ [2]

- 8 According to the Consumer Council, “39% of parents said their child has little or no idea where money comes from”.

(The Consumer Council N.I., March 2010).

- (a) Write down **two** examples of “income” for a family.

1. _____ [1]

2. _____ [1]

- (b) Describe the difference between “needs” and “wants” when planning a family budget.

_____ [2]

- (c) “Adolescents should be taught to budget their money from an early age.” Discuss this viewpoint.

_____ [6]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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