



General Certificate of Secondary Education  
2013

Centre Number

71

Candidate Number

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

[GHE11]

THURSDAY 16 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 (a) List **two** reasons why the body needs energy.

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

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

(b) The table below shows the average energy requirements of males and females at different ages.

	4–11 years kcal/day	12–18 years kcal/day	19–64 years kcal/day	65+ years kcal/day
Male	1800	2700	2500	2100
Female	1600	2100	1900	1800

Using the information from the table:

1. Write down the energy requirement of a female child.

\_\_\_\_\_ kcal/day [1]

2. Identify the age and gender with the highest energy requirement.

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

(c) Explain **two** factors that may affect a person's energy requirement.

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

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

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

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

(d) Write down the name of the vitamin that helps release energy from nutrients.

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

- 2 (a) Identify **three** foods in the table which are valuable sources of vitamin A.

Carrots		Cheese	
Potatoes		Rice	
Eggs		White bread	

[3]

- (b) Write down **two** functions of vitamin A.

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

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

- (c) Outline the effect on health of having too much vitamin A in the diet.

\_\_\_\_\_

\_\_\_\_\_

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

Examiner Only	
Marks	Remark





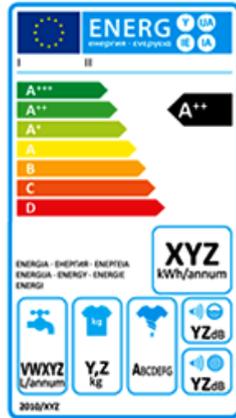






Section B – Consumer Awareness

7 (a) Identify **two** products that display this type of label.



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

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

(b) Explain why consumers may find this symbol useful when buying goods.

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

(c) Discuss how Citizens Advice supports consumers.

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

Examiner Only	
Marks	Remark







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**THIS IS THE END OF THE QUESTION PAPER**

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