



General Certificate of Secondary Education
2015

Centre Number

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Candidate Number

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Home Economics

Unit 1: Diet and Health
and Consumer Awareness



[GHE11]

GHE11

TUESDAY 26 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 blue or 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.**



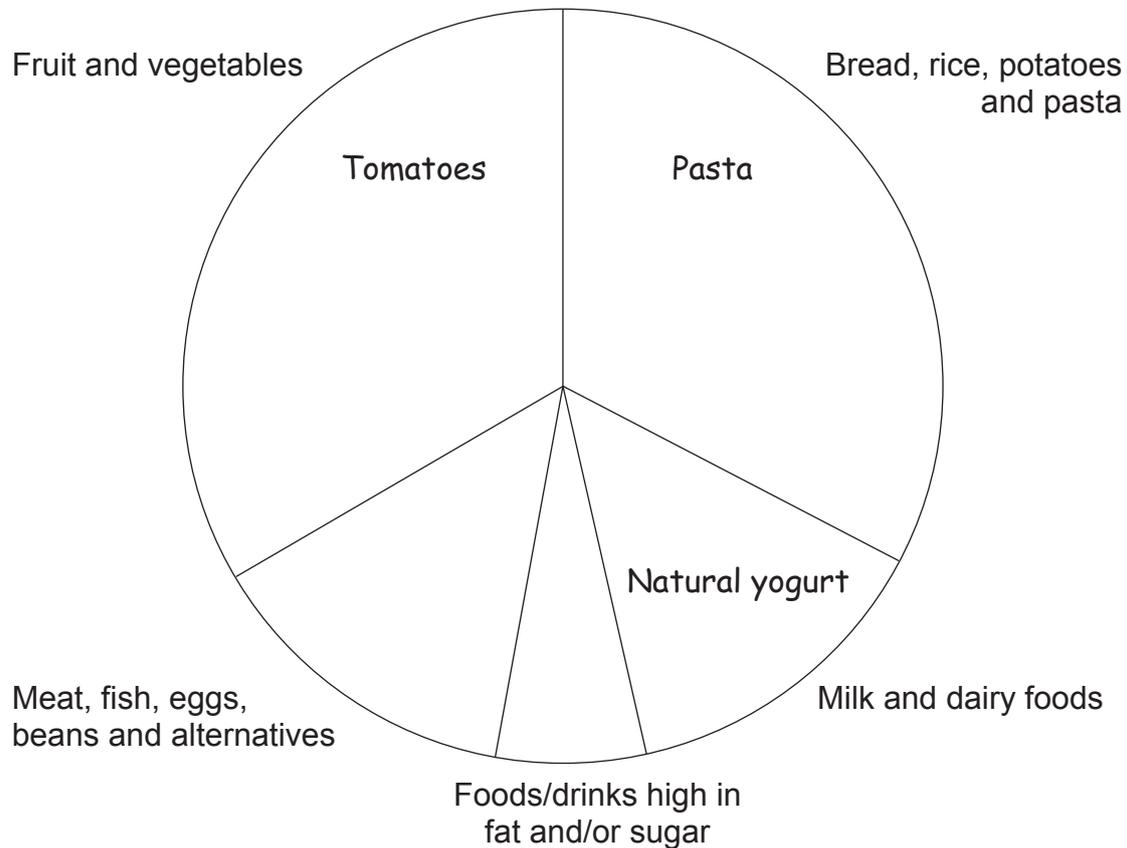
Section A – Diet and Health

- 1 (a) Place all ingredients from the recipe below in the correct section of the eatwell plate.

Three ingredients have already been completed.

Mediterranean Chicken

200 g pasta
1 green pepper
150 g chicken
400 g tinned chopped tomatoes
125 ml natural yogurt
25 g breadcrumbs
25 g grated low fat cheese



[4]

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(b) Write down **two** ways the non-starch polysaccharide (NSP) content of this dish could be increased.

1. _____ [1]

2. _____ [1]

(c) Tomatoes are a rich source of vitamin C.

Explain **two** functions of vitamin C.

1. _____

_____ [2]

2. _____

_____ [2]

[Turn over



(d) Discuss **three** food safety precautions which should be taken when preparing Mediterranean Chicken for a pregnant woman.

1. _____

_____ [2]

2. _____

_____ [2]

3. _____

_____ [2]

(e) Explain the importance of including folate in the diet during pregnancy.

_____ [2]



2 (a) Children (4–11 years) often eat too many sugary foods. Discuss **two** effects on their health of eating a diet high in sugar.

1. _____

_____ [2]

2. _____

_____ [2]

(b) A healthy diet for children includes no more than 3g of salt per day.

(i) Write down **one** way a parent can reduce salt in their child's diet.

_____ [1]

(ii) Write down **one** function of sodium in the body.

_____ [1]

(c) Discuss why it is important for a child's calcium needs to be met.

_____ [3]

[Turn over



3 The Food Standards Agency has identified 8 tips for eating well.

(a) Explain why it is important to follow these tips:

Get active and try to be a healthy weight

[2]

Don't skip breakfast

[2]

(b) Explain **two** nutritional reasons why fish should be included in the diet.

1.

[2]

2.

[2]



4 (a) Describe the following terms:

functional foods

[2]

food allergy

[2]

(b) Write down **two** points to consider when planning meals for someone with a food allergy.

1. _____

[1]

2. _____

[1]

[Turn over





[9]

[Turn over

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[9]

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[Turn over



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Section B – Consumer Awareness

- 7 (a) Many stores operate a loyalty card system. Discuss the benefits of this marketing strategy for the consumer.



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[3]

- (b) Write down **two** in-store promotions that could be used to encourage consumers to spend money.

1. _____ [1]

2. _____ [1]



(c) People from many different countries now live in Northern Ireland. Discuss how the following factors may affect these families when shopping:

Cultural factors

[2]

Economic factors

[2]

(d) Explain why a consumer may want to buy goods with the following symbol:



[2]

[Turn over



8 (a) Analyse the use of the internet as a method of shopping for college students.

[4]

(b) College students often live away from home. Discuss **two** ways this change in lifestyle can influence a student's shopping behaviour.

1.

[2]

2.

[2]

(c) Outline the protection offered by the Consumer Protection (Distance Selling) Regulations (2000) for online purchases.

[2]





[9]

THIS IS THE END OF THE QUESTION PAPER

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

Total Marks	
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Examiner Number

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