

New  
Specification



General Certificate of Secondary Education  
2010

## Home Economics

Unit 1: Diet and Health  
and Consumer Awareness

[GHE11]

TUESDAY 18 MAY, MORNING



StudentBounty.com

Centre

71

Candidate Number

### 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	

<b>Total Marks</b>	
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## SECTION A – DIET AND HEALTH

Answer **all** questions.

Examiner Only	
Marks	Remark

1 We are advised to eat fewer salty foods.

(a) Identify **two** dietary disorders that could result from having too much salt in our diet.

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

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

(b) Write down **four** ways we can reduce our salt intake.

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

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

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

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

(c) One of the “8 tips for eating well” is to drink plenty of water.  
Explain **two** reasons why this tip is important for a schoolchild.

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

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

- 2 (a) Explain why the following nutrients are important in the diet of babies and toddlers (0–3 years).

Iron

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[2]

Calcium

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[2]

- (b) Discuss **two** points related to food safety when preparing, cooking or serving food for babies.

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

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[2]

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

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[2]

Examiner Only	
Marks	Remark

(c) Explain **two** benefits of including superfoods such as “blueberries” in the diet.

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

\_\_\_\_\_

\_\_\_\_\_

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

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

\_\_\_\_\_

\_\_\_\_\_

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

Examiner Only	
Marks	Remark



4 The levels of obesity are rising in the UK.

(a) Write down **two** health problems that could develop from obesity.

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

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

(b) Discuss **two** factors, other than diet, that may increase the risk of obesity.

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

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

(c) Adolescents often make their own food choices.

Discuss **two** ways an adolescent could make changes to their diet to reduce the chance of developing obesity.

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

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

Examiner Only	
Marks	Remark







**SECTION B – CONSUMER AWARENESS**

Examiner Only	
Marks	Remark

7 (a) Describe what is meant by the term “consumer”.

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[2]

(b) Discuss **one** advantage and **one** disadvantage when shopping in a supermarket, for someone with a disability.

Advantage:

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[2]

Disadvantage:

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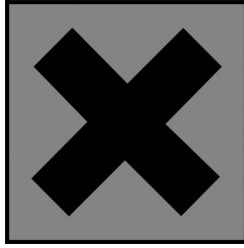
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[2]

8 (a) Write down a product where you would expect to find this symbol.



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

(b) There are many sources of consumer information.

Evaluate the quality of information available to students from the following **two** sources.

**1. The Internet**

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

**2. Friends and family**

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

Examiner Only	
Marks	Remark

(c) Explain how the following changes in lifestyle may affect a student's shopping behaviour.

1. Getting a part-time job

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[2]

2. Moving into their own accommodation

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[2]

Examiner Only	
Marks	Remark

9 (a)

The ***Sale and Supply of Goods Act*** states that any goods you buy must be:

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

(b) Describe **two** situations when a consumer is not protected by the Sale and Supply of Goods Act.

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Examiner Only	
Marks	Remark

(c) Discuss **three** ways the Consumer Council for Northern Ireland supports and informs consumers.

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

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

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

Examiner Only	
Marks	Remark



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

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