

New Specification



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General Certificate of Secondary Education
2011

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Centre Number
71

Candidate Number

Home Economics
Unit 1: Diet and Health
and Consumer Awareness
[GHE11]



GHE11

TUESDAY 17 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

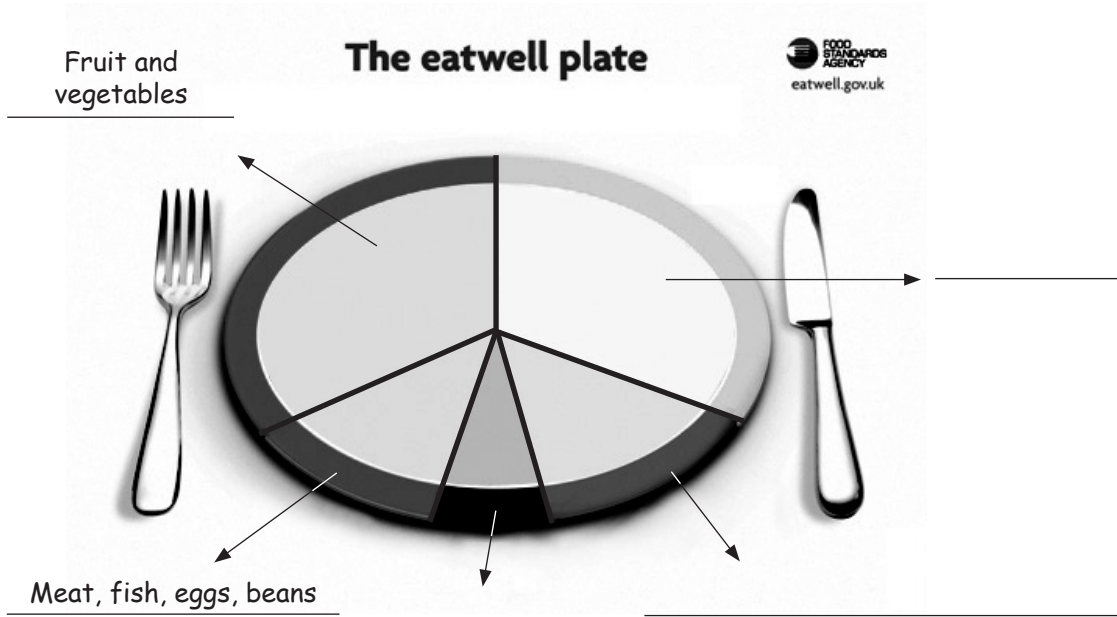
The total mark for this paper is 100.
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.
Quality of written communication will be assessed in questions **5, 6, and 10**.

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) 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

3 In this recipe for Pasta Bake **three** ingredients have been changed.

Examiner Only	
Marks	Remark

Pasta Bake

Original Recipe	Modified Recipe
200g pasta	
50g streaky bacon	50g cooked chicken
50g Cheddar cheese	50g low fat Cheddar cheese
$\frac{1}{2}$ teasp salt	
40g butter	40g poly-unsaturated margarine
40g plain flour	
575ml whole milk	

(a) Justify why the modifications to this recipe would be useful to someone concerned about Coronary Heart Disease.

[6]

(b) Identify **two** further changes that could be made to improve this recipe.

1. _____ [1]
2. _____ [1]

(c) Chicken is a high-risk food.

Discuss how salmonella food poisoning can be prevented when handling chicken.

[6]

(d) Outline how the Environmental Health Officer protects the consumer in keeping food safe.

[4]

Examiner Only	
Marks	Remark

[Turn over

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

Examiner Only	
Marks	Remark

(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]

SECTION B – CONSUMER AWARENESS

Examiner Only	
Marks	Remark

7 (a) Write down **two** types of media which can be used for advertising.

1. _____ [1]

2. _____ [1]

(b) Explain how this symbol could influence consumers when buying a t-shirt.



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_____ [2]

(c) Discuss how the following factors influence the consumer when shopping for food.

1. Cultural

_____ [2]

2. Psychological

_____ [2]

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

(c) A large number of shops offer store cards as a method of payment.

Evaluate this option.

[6]

Examiner Only	
Marks	Remark

9 (a) Evaluate the use of shopping channels as a way of buying goods

[4]

(b) Explain how the Consumer Protection (Distance Selling) Regulations 2000 protects consumers when buying goods from a shopping channel.

[2]

(c) Describe how the magazine “Which?” supports and informs consumers.

[4]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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