New Specification

Rewarding Learning

Centre Number	
71	

Candidate Number

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
January 2009

Home Economics

Assessment Unit AS 1

assessing

Nutrition for Optimal Health

[AN111]

MONDAY 12 JANUARY, AFTERNOON

AN111

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.
Answer **all** questions in Section A and **one** question from Section B.

INFORMATION FOR CANDIDATES

The total mark for this paper is 70.
Quality of written communication will be assessed in questions 6–10.
Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
Total Marks	

4859

www.StudentBounty.com
Homework Help & Pastpapers

Section A

Examiner Only	
Marks	Remark

Answer **all** questions in this section in the spaces provided.

1 State **three** significant sources of water for young children.

_____

_____

_____

_____ [3]

2 Identify **four** situations where you would possibly recommend vitamin D supplementation.

_____

_____

_____

_____ [4]

3 Explain the nutritional value of Quorn.

_____

_____

_____

_____ [4]

www.StudentBounty.com
Homework Help & Pastpapers

4 Consider the effects on health of a diet deficient in vitamin A.

_____

_____

_____

_____

_____

_____ [5]

5 What do you understand by the term 'trans fatty acids'?

_____

_____

_____

_____

_____

_____ [5]

Examiner Only	
Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

6 Explain the role of NSP in protecting against a range of diseases.

Examiner Only	
Marks	Remark

[8]

www.StudentBounty.com
Homework Help & Pastpapers

7 Consider the effects on health of both a deficient and excessive intake of sodium.

Examiner Only	
Marks	Remark

_____ [8]

www.StudentBounty.com
Homework Help & Pastpapers

8 Justify the current advice which recommends a decrease in non-milk extrinsic sugars (NMES).

Examiner Only	
Marks	Remark

_____ [8]

www.StudentBounty.com
Homework Help & Pastpapers

Section B

Answer **one** question from this section.

9 **(a)** Drinking guidelines for adults state the following:

Men	No more than 3–4 units of alcohol a day and no more than 21 units over the course of the week.
Women	No more than 2–3 units of alcohol a day and no more than 14 units over the course of the week.

Health Promotion Agency Know your limits 16.10.06

Discuss the risks to health when adults regularly exceed the advised alcohol intakes. [10]

(b) Discuss the requirements for the following nutrients to achieve optimal health in adulthood:

- fat
- calcium and
- selenium. [15]

Or

10 **(a)** Discuss the specific nutritional requirements in infancy. [10]

(b) Consider the health risks for both mother and baby of deficiencies in vital nutrients during pregnancy. [15]

www.StudentBounty.com
Homework Help & Pastpapers

Examiner Only	
Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

Examiner Only	
Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

Examiner Only	
Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

Examiner Only	
Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

THIS IS THE END OF THE QUESTION PAPER

Permission to reproduce all copyright material has been applied for.
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA will be happy to rectify any omissions of acknowledgement in future if notified.

www.StudentBounty.com
Homework Help & Pastpapers