New Specification

Rewarding Learning

Centre Number	
71	

Candidate Number

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2009

Home Economics

Assessment Unit AS 1

assessing

Nutrition for Optimal Health

[AN111]

AN111

TUESDAY 19 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.
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	

4861

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** effects on health of a deficiency of vitamin B2 (riboflavin) in the diet.

_____

_____

_____

_____ [3]

2 Identify **two** significant food sources for each of the following.

Soluble NSP	Insoluble NSP
•	•
•	•

[4]

3 Explain the importance of **two** nutrients required to promote good bone health.

_____

_____

_____

_____ [4]

www.StudentBounty.com
Homework Help & Pastpapers

4 Explain the role of essential fatty acids in the diet.

_____

_____

_____

_____

_____

_____ [5]

5 Identify the differences between intrinsic and extrinsic sugars.

_____

_____

_____

_____

_____

_____ [5]

Examiner Only	
Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

6 Discuss a range of factors that can affect the bioavailability of iron in the body.

Examiner Only	
Marks	Remark

[8]

www.StudentBounty.com
Homework Help & Pastpapers

7 Explain the nutritional importance of combining foods to give an appropriate balance of amino acids. Give examples to illustrate your answer.

Examiner Only	
Marks	Remark

[8]

www.StudentBounty.com
Homework Help & Pastpapers

8 Evaluate the decision to breastfeed in relation to the health of the baby.

Examiner Only	
Marks	Remark

[8]

www.StudentBounty.com
Homework Help & Pastpapers

Section B

Answer **one** question from this section.

9 **(a)** Statistics from the British Dental Association revealed that in 2004 60% of five-year-old children in Northern Ireland had experienced tooth decay, rising to 80% by the age of 15.

http://news.bbc.co.uk/1/hi/northern_ireland/3615750.stm 01 09 04

Discuss a range of dietary factors that parents should consider to reduce the incidence of tooth decay in this age group. [10]

(b) Discuss the possible consequences to health of school children and adolescents who have an insufficient intake of:

- iron
- calcium and
- zinc. [15]

Or

10 **(a)** Discuss the specific nutritional requirements of people aged over 65 years. [10]

(b) Consider the arguments for and against supplementation in the diets of older people. [15]

www.StudentBounty.com
Homework Help & Pastpapers

Question Number		Examiner Only	
		Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

Question Number		Examiner Only	
		Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

Question Number		Examiner Only	
		Marks	Remark

www.StudentBounty.com
Homework Help & Pastpapers

Question Number		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