



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2010

Centre Number

71	
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Candidate Number

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Home Economics
Assessment Unit AS 1
assessing
Nutrition for Optimal Health
[AN111]



AN111

MONDAY 14 JUNE, 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 and on the Answer Booklet provided. Answer **all** questions in Section A and **one** question from Section B. Write your answers to Section A in the Question Paper. Write your answers to Section B in the Answer Booklet provided. Use the treasury tag provided to attach your Answer Booklet to the Question Paper at the end of the examination.

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	
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Section A

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

- 1 Identify **three** significant plant sources of vitamin B₁ (thiamine).

[3]

- 2 Outline the main functions of the mineral iodine.

[4]

- 3 Explain how excess alcohol consumption in pregnancy can affect the health of the baby.

[4]

Examiner Only

Marks Remark

4 What do you understand by the term nitrogen balance?

[5]

5 Consider the effect of non-milk extrinsic sugars (NMES) on the oral health of school children (4–11 years).

[5]

Examiner Only	
Marks	Remark

Section B

Examiner Only	
Marks	Remark

Answer **one** question from this section in the Answer Booklet provided.

9 (a) Discuss the specific requirements for energy, protein and essential fatty acids in pregnancy. [10]

(b) Evaluate the role of micronutrient supplementation in pregnancy. [15]

Or

10 (a) Consider why the following foods should be included in the diets of adults:

- fruit and vegetables
- oily fish. [10]

(b) Discuss the importance of meeting the dietary guidelines for fat and NSP for adults. [15]

THIS IS THE END OF THE QUESTION PAPER

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