



ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2011

Candidate Number

Home Economics

Assessment Unit AS 1

assessing

Nutrition for Optimal Health

[AN111]

WEDNESDAY 1 JUNE, AFTERNOON



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.

	miner's only
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Section A

Examin	er Only
Marks	Remark

Answer all questions in this section in the spaces provided.

[3
What are the possible health benefits of reducing salt in the diet of older people?
[4
Outline the effects on health of a deficiency in vitamin B ₁₂ .

Explain the importance of indispensable amino acids.	Examine Marks
	[5]
Canadar the feeters that equid increase the risk of dehydration in a	hildren
Consider the factors that could increase the risk of dehydration in cand adolescents.	milaren
	[5]

Discuss the health implications for both mother and baby associated with ow and excessive weight gain during pregnancy.		Examine Marks	er Only Remark
	_		
	-		
	_		
	_		
	_		
	_		
	_		
	_		
	_		
	_		
	_		
	_		
	_		
	8]		

ompare the nutritional value of soya and red meat in the diet.	Examiner C
	[8]

7

6285

explain the functions of fat as a nutrient in the body.		Examir Marks	er Only Remarl
	[8]		

		Section B		Examin Marks	er Only Remark
	Ans	wer one question from this section in the Answer Booklet provided			
9	(a)	Evaluate the decision to breastfeed in relation to the health of mother and baby.	[10]		
	(b)	Examine the specific nutritional requirements in infancy (0–12 months).	[15]		
Or					
10	(a)	Consider the health risks of binge drinking for young adult women.	[10]		
	(b)	Discuss the importance of iron, calcium and folate for adult women.	[15]		

THIS IS THE END OF THE QUESTION PAPER