



ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2012

Centre Number

71

Candidate Number

**Home Economics**  
Assessment Unit AS 1  
*assessing*  
Nutrition for Optimal Health  
[AN111]  
MONDAY 28 MAY, 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.

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

## Section A

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

- 1 Identify **three** novel sources of protein in the diet.

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 [3]

- 2 State **four** effects on health resulting from an excess intake of vitamin A.

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 [4]

- 3 Outline the role of **two** nutrients needed for brain function.

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 [4]

Examiner Only	
Marks	Remark

4 Consider the importance of combining foods to achieve an appropriate balance of indispensable amino acids.

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[5]

5 Outline the nutritional benefits of including complex carbohydrates in the diet.

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[5]

Examiner Only	
Marks	Remark

6 Examine the dietary factors affecting calcium absorption in the body.

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[8]

Examiner Only	
Marks	Remark

7 Identify the current dietary guidelines for saturated and polyunsaturated fatty acids and discuss the rationale for these guidelines.

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[8]

Examiner Only	
Marks	Remark



## Section B

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

9 (a) Discuss the importance of achieving a balanced intake of energy during adulthood. [10]

(b) Explain the possible consequences to health for adults who have an insufficient intake of:

- antioxidant nutrients
- zinc
- calcium.

[15]

Or

10 (a) Debate the issue of micronutrient supplementation during pregnancy. [10]

(b) Explain why pregnant women are advised to reduce their consumption of the following:

- alcohol
- caffeine
- cheese
- eggs
- fish.

[15]

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**THIS IS THE END OF THE QUESTION PAPER**

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Examiner Only	
Marks	Remark

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