Rewarding Learning

Centre Number	
71	

Candidate Number

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
January 2012

Home Economics

Assessment Unit AS 1

assessing

Nutrition for Optimal Health

[AN111]

TUESDAY 10 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 and on the Answer Booklet provided.
Answer **all** questions in Section A and **one** question from Section B.
Write your answers in 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	

7153

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Section A

Examiner Only	
Marks	Remark

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

1 State **three** dietary sources of non-haem iron.

_____

_____

_____ [3]

2 Describe the effects on health of a prolonged deficiency of niacin in the diet.

_____

_____

_____

_____ [4]

3 Explain the functions of vitamin K in the body.

_____

_____

_____

_____ [4]

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4 Present the arguments for and against the intake of oily fish during pregnancy.

_____

_____

_____

_____

_____

_____ [5]

5 Explain why there may be an increased requirement for zinc in adolescence.

_____

_____

_____

_____

_____

_____ [5]

Examiner Only	
Marks	Remark

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6 Comment on the view that alcohol can be beneficial to the health of adults when consumed in small to moderate amounts.

Examiner Only	
Marks	Remark

[8]

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7 Explain **four** functions of protein in the body.

Examiner Only	
Marks	Remark

[8]

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8 Assess the role of sugars in the development of dental caries.

Examiner Only	
Marks	Remark

[8]

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Section B

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

9 **(a)** Examine the arguments for supplementation in the diets of older people (65+). [10]

(b) Discuss the specific nutritional requirements of older people (65+). [15]

Or

10 **(a)** Explain the importance of achieving an adequate intake of iron and calcium for school children (4–11 years). [10]

(b) Explore some of the reasons why parents often find it difficult to achieve good nutrition in children aged 4–11 years. [15]

THIS IS THE END OF THE QUESTION PAPER

Examiner Only	
Marks	Remark

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