

# X117/301

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NATIONAL  
QUALIFICATIONS  
2011

MONDAY, 16 MAY  
1.00 PM – 3.00 PM

HOME ECONOMICS  
LIFESTYLE AND  
CONSUMER  
TECHNOLOGY  
HIGHER

80 marks are allocated to this paper.

This paper consists of **two** sections.

Candidates should attempt the following:

**Section A**—All questions

**Section B**—Question 1 and any other **two** questions.

The breakdown of Knowledge and Understanding (**KU**) and Evaluation (**EV**) marks are indicated beside each question.



## SECTION A

**Attempt ALL questions.**

*You should spend approximately 30 minutes on this part of the paper.*

*Marks*

- |                                                                               |             |
|-------------------------------------------------------------------------------|-------------|
| 1. Identify <b>one</b> family structure.                                      | 1           |
| 2. Name <b>one</b> fat soluble vitamin.                                       | 1           |
| 3. Identify <b>one</b> cause of dental caries.                                | 1           |
| 4. State <b>one</b> food to avoid during pregnancy.                           | 1           |
| 5. Give <b>one</b> property of towelling fabric.                              | 1           |
| 6. What does the abbreviation <b>WRVS</b> stand for?                          | 1           |
| 7. State <b>one</b> of the areas covered by the Consumer Protection Act 1987. | 1           |
| 8. Explain the term <b>malnutrition</b> .                                     | 1           |
| 9. State <b>two</b> functions of water in the diet.                           | 2           |
| 10. State <b>two</b> benefits of bar codes to the retailer.                   | 2           |
| 11. Explain <b>two</b> advantages of breathable membranes.                    | 2           |
| 12. State <b>two</b> functions of the Samaritans.                             | 2           |
| 13. Give <b>two</b> advantages of meals-on-wheels.                            | 2           |
| 14. Give <b>one</b> advantage and <b>one</b> disadvantage of store cards.     | 2           |
|                                                                               | <b>(20)</b> |

## SECTION B

Marks

Attempt **THREE** questions from this section: **Question 1** and any other **TWO** questions.

*You should spend approximately 30 minutes on each question.*

1. (a) Identify and explain **three** factors which could affect a family's lifestyle. **6 KU**
- (b) Evaluate **each** of the following steps a family could take to reduce debt.
- (i) Contact a bank
  - (ii) Contact the Citizens Advice Bureau (CAB)
  - (iii) Borrow money from a family member
  - (iv) Use a credit card **4 EV**
- (c) Identify and explain **three** factors to consider when choosing clothes for a toddler. **6 KU**
- (d) Evaluate how **each** of the following services could assist a family.
- (i) National Health Service (NHS) **2 EV**
  - (ii) Social Services **2 EV**
- (20)**

**[Turn over**

2. (a) The table opposite shows a day's nutrient content of meals eaten by a 16 year old male.
- Using your knowledge of nutrition, and the information provided, evaluate the suitability of this day's nutritional intake. **5 EV**
- (b) Identify and explain **three** factors, **other than diet**, which could contribute to coronary heart disease (CHD). **6 KU**
- (c) Explain **three** ways the consumer is protected by the Sale and Supply of Goods Act 1994. **3 KU**
- (d) Evaluate the provision of school meals under **each** of the following headings.
- (i) Parents and carers **2 EV**
- (ii) School pupils **2 EV**
- (e) Explain the role of the Trading Standards Department (TSD). **2 KU**
- (20)**

**2. (a) (continued)**

| <i>Nutrient content of a day's meals eaten by a 16 year old male</i> |        |                       |                        |                     |                           |                       |                          |
|----------------------------------------------------------------------|--------|-----------------------|------------------------|---------------------|---------------------------|-----------------------|--------------------------|
| <i>Energy</i>                                                        |        | <i>Protein</i><br>(g) | <i>Calcium</i><br>(mg) | <i>Iron</i><br>(mg) | <i>Vitamin B1</i><br>(mg) | <i>Sodium</i><br>(mg) | <i>Vitamin C</i><br>(mg) |
| (MJ)                                                                 | (kcal) |                       |                        |                     |                           |                       |                          |
| 12·54                                                                | 3000   | 58                    | 900                    | 9                   | 0·2                       | 1800                  | 42                       |

| <i>Reference Nutrient Intake for Selected Nutrients in the UK (per day)<br/>for males aged between 15-18 years</i> |                        |                     |                           |                       |                          |
|--------------------------------------------------------------------------------------------------------------------|------------------------|---------------------|---------------------------|-----------------------|--------------------------|
| <i>Protein</i><br>(g)                                                                                              | <i>Calcium</i><br>(mg) | <i>Iron</i><br>(mg) | <i>Vitamin B1</i><br>(mg) | <i>Sodium</i><br>(mg) | <i>Vitamin C</i><br>(mg) |
| 55·2                                                                                                               | 1000                   | 11·3                | 1·1                       | 1600                  | 40                       |

| <i>Estimated Average Requirement for Energy in the UK (per day)<br/>for males aged between 15-18 years</i> |      |
|------------------------------------------------------------------------------------------------------------|------|
| MJ                                                                                                         | kcal |
| 11·51                                                                                                      | 2755 |

**[Turn over**

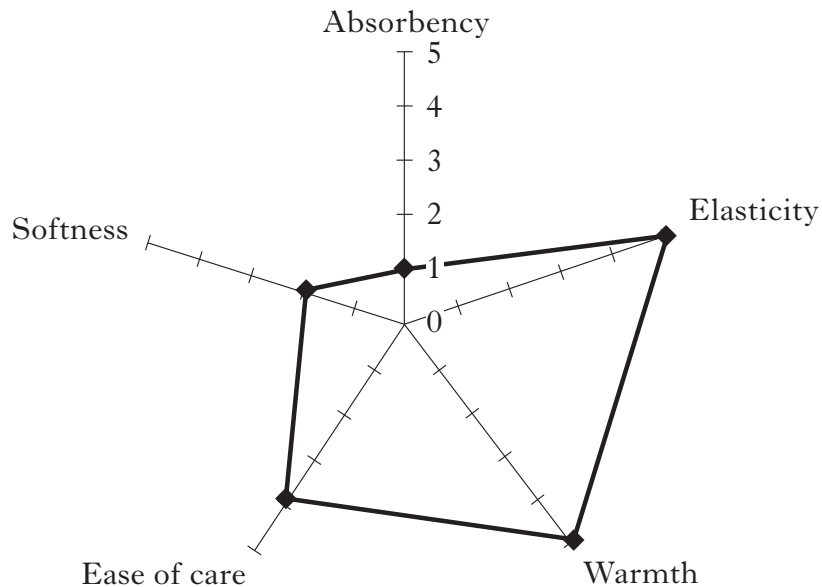
Marks

3. (a) Identify and explain **three** stages in the development of sleepwear for a baby.

6 KU

- (b) The star profile below shows the results of testing new sleepwear. Evaluate the suitability of the sleepwear for a baby.

4 EV



- (c) Evaluate online shopping as a method of purchasing a cot.
- (d) Explain the benefits to the consumer of **each** of the following labels.
- (i) Energy rating label
  - (ii) Microwave label
  - (iii) Star ratings for fridges/freezers
  - (iv) Flammability label

4 EV

4 KU

- (e) Explain the role of the Consumers' Association.

2 KU

(20)

- |                                                                                                                                              |      |
|----------------------------------------------------------------------------------------------------------------------------------------------|------|
| 4. (a) Identify and explain <b>three</b> responsibilities of a parent.                                                                       | 6 KU |
| (b) Evaluate the suitability of the following meal in relation to four <b>different</b> Scottish dietary targets.                            |      |
| <ul style="list-style-type: none"> <li>• Vegetable soup</li> <li>• Creamy salmon pasta with fresh herbs</li> <li>• Fizzy lemonade</li> </ul> | 4 EV |
| (c) Identify and explain <b>two</b> causes of food contamination.                                                                            | 4 KU |
| (d) Evaluate the use of <b>each</b> of the following to the consumer.                                                                        |      |
| (i) Fairtrade products                                                                                                                       | 2 EV |
| (ii) Food colourings                                                                                                                         | 2 EV |
| (e) Explain <b>two</b> ways the British Standards Institution (BSI) benefits the consumer.                                                   | 2 KU |
|                                                                                                                                              | (20) |

[END OF QUESTION PAPER]

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