



General Certificate of Secondary Education
2019

Centre Number

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Candidate Number

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Home Economics: Food and Nutrition

Written Paper



[G9521]

G9521

MONDAY 10 JUNE, MORNING

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all twelve** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 120.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions **10, 11, and 12.**



This is a multiple choice section. You are advised to spend no more than 5 minutes on this section.

Read the following statements and tick the box beside each correct answer.
Tick [✓] only **one** box for each statement.

1 (a) Which **one** of the following foods should be avoided during pregnancy?

A pasta

☐

B milk

☐

C liver

☐

D bananas

☐

[1]

(b) Which **one** item of information is required by law on a food label?

A name of food

☐

B picture of food

☐

C serving suggestion

☐

D barcode

☐

[1]

(c) Which **one** of the following health issues is a consequence of vitamin D deficiency in children?

A rickets

☐

B anaemia

☐

C dental caries

☐

D cardiovascular disease

☐

[1]



(d) Which **one** of the following meals is a good example of protein complementation?

A tomato and mozzarella salad

☐

B lentil soup and bread

☐

C baked potato and tuna

☐

D jam sandwich

☐

[1]

(e) Which **one** of the following foods is a good source of unsaturated fat?

A cheese

☐

B olive oil

☐

C sausages

☐

D butter

☐

[1]

(f) Select the recommended percentage of daily energy to be provided by carbohydrate.

A 15%

☐

B 50%

☐

C 35%

☐

D 5%

☐

[1]

[Turn over



2 (a) The Food Standards Agency has identified “8 tips for eating well”.

Complete the following statement:

(i) “Eat less salt: no more than _____ g a day for adults.” [1]

(ii) “Base your meals on starchy foods” is one of the tips for eating well.

Write down **two** starchy foods.

1. _____ [1]

2. _____ [1]

(iii) “Don’t get thirsty” is another tip for eating well.

Explain the importance of hydration in the body.

[3]



(b) Explain how the following advice from the Eatwell Guide benefits health:

Choose unsaturated oils and use in small amounts.

[3]



- 3 (a) Explain what this label tells consumers about how food is produced.



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[2]

- (b) Outline **two** ways the Northern Ireland Trading Standards Service offers protection for consumers when buying food.

1.

[1]

2.

[1]

- (c) Explain **one** barrier that may prevent individuals from being effective consumers when shopping for food.

[2]



(d) Evaluate the use of shopping apps as an option for buying food.

[4]

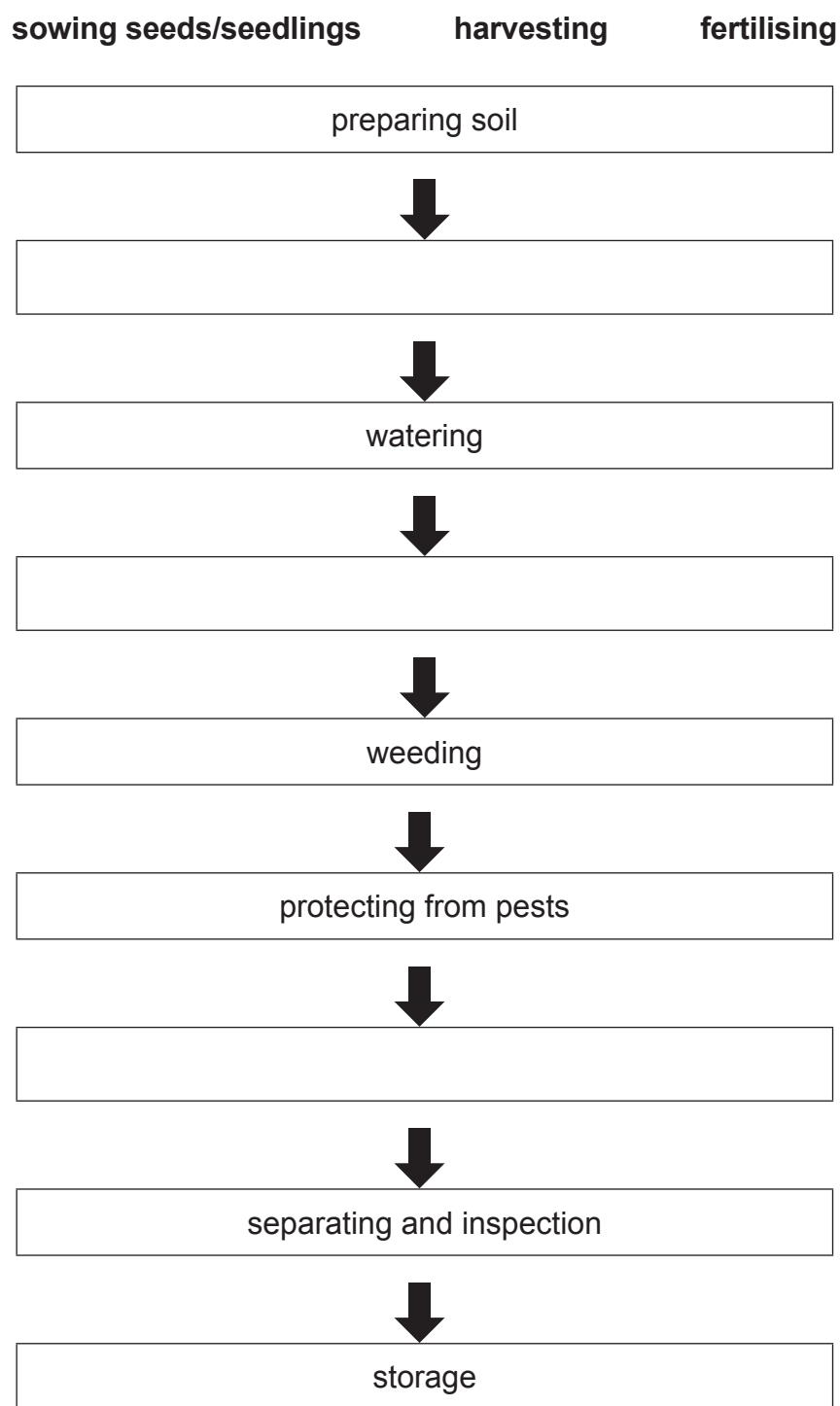
(e) Discuss how families can manage money effectively when shopping for food.

[6]

[Turn over



- 4 (a) Place the following steps involved in crop production into the flow chart below.



[3]



(b) Milk is used to produce cheese.

Identify the enzyme used to separate milk into curds and whey.

_____ [1]

(c) Underline **two** foods which should not be eaten by someone who is lactose intolerant.

cow's milk soya products meat custard [2]

(d) Identify **two** methods used to catch fish.

1. _____ [1]

2. _____ [1]

(e) Explain what is meant by secondary processing in food production.

_____ [2]

[Turn over



5 Use the information in the table below to answer the following questions:

Age	EAR kcal per day	
	Boys	Girls
4 years	1386	1291
7 years	1649	1530
15 years	2820	2390

Data from © British Nutrition Foundation

(a) (i) Write down the energy requirement of a female child aged 7 years.

_____ [1]

(ii) Identify the age and gender with the highest energy requirement.

Age: _____ [1]

Gender: _____ [1]

(iii) Outline the meaning of the term EAR.

_____ [2]



(iv) Explain why boys have slightly higher requirements for energy than girls.

[2]

(b) Explain how the following advice could help someone maintain a healthy weight.

Increase physical activity levels (PAL)

[2]

Manage portion sizes

[2]

[Turn over



6 Older adults (65 years and older) are at risk of malnutrition.

(a) Explain why the following nutrients are important in the diet of an older adult.

Carbohydrate

[3]

Calcium and vitamin D

[3]



(b) Discuss **two** factors to consider when preparing meals for an older adult (65 years and older) with a sedentary lifestyle.

1. _____

_____ [2]

2. _____

_____ [2]

(c) Evaluate contactless credit cards as a method of payment for food for older adults (65 years and older).

_____ [4]

[Turn over



7 “There are an estimated 4.5 million people living with diabetes in the UK.”

Data from © Diabetes UK 2016

- (a) Identify **one** health issue that could increase the risk of developing type 2 diabetes.

_____ [1]

- (b) Discuss the dietary advice you would give someone to manage type 2 diabetes.

_____ [4]



8 (a) State why food additives are given an E number.

[1]

(b) Explain the role of the following additives in food production:

Colours

[2]

Preservatives

[2]



- (c) Describe how the Food Standards Agency (FSA) Food Hygiene Rating Scheme protects consumers in relation to food safety.



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[3]

- (d) Who is responsible for enforcing the Food Hygiene Rating Scheme?

[1]

[Turn over



10 Discuss **three** factors which may influence food choice.

[illegible]

[9]

The quality of your written communication will be assessed in this question.

11 Dental caries in children is a health problem in Northern Ireland.

Justify diet and lifestyle advice for parents wanting to reduce their child's risk of dental caries.

[illegible]

[9]

[Turn over

11681



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The quality of your written communication will be assessed in this question.

- 12** Discuss how the following meal can help adolescents (12–18 years) meet their nutritional and dietary needs.

Sweet Potato and Chicken Curry with Rice

400g chicken
300g sweet potato
1 tbsp olive oil
1 onion
1 green pepper
200g spinach
2 tbsp curry paste
400g can coconut milk
2 tbsp natural yoghurt
2 tomatoes
300g brown rice

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

THIS IS THE END OF THE QUESTION PAPER

DO NOT WRITE ON THIS PAGE

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
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7	
8	
9	
10	
11	
12	

Total Marks	
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Examiner Number

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