



*Rewarding Learning*

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

<b>MV18</b>
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**[G9521]**

**MONDAY 10 JUNE, MORNING**

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## **Time**

2 hours, plus your additional time allowance.

## **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 on blank pages.**

Complete in black ink only.

Answer **all twelve** questions.

## **Information for Candidates**

The total mark for this paper is 120.

Figures in brackets printed at the end of each question indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in

Questions **10, 11, and 12.**

**Blank Page**

**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? [1 mark]

**A** pasta

**B** milk

**C** liver

**D** bananas

**(b)** Which **one** item of information is required by law on a food label? [1 mark]

**A** name of food

**B** picture of food

**C** serving suggestion

**D** barcode

(c) Which **one** of the following health issues is a consequence of vitamin D deficiency in children? [1 mark]

A rickets

B anaemia

C dental caries

D cardiovascular disease

(d) Which **one** of the following meals is a good example of protein complementation? [1 mark]

A tomato and mozzarella salad

B lentil soup and bread

C baked potato and tuna

D jam sandwich

(e) Which **one** of the following foods is a good source of unsaturated fat? [1 mark]

A cheese

B olive oil

C sausages

D butter

(f) Select the recommended percentage of daily energy to be provided by carbohydrate. [1 mark]

**A** 15%

**B** 50%

**C** 35%

**D** 5%

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

Complete the following statement: [1 mark]

(i) “Eat less salt: no more than \_\_\_\_\_ g a day for adults.”

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

Write down **two** starchy foods. [1 mark for each]

1. \_\_\_\_\_

2. \_\_\_\_\_

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

Explain the importance of hydration in the body.  
[3 marks]

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

Choose unsaturated oils and use in small amounts.  
[3 marks]

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- 3 (a) Explain what this label tells consumers about how food is produced. [2 marks]



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- (b) Outline **two** ways the Northern Ireland Trading Standards Service offers protection for consumers when buying food. [1 mark for each]

1. \_\_\_\_\_

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2. \_\_\_\_\_

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- (c) Explain **one** barrier that may prevent individuals from being effective consumers when shopping for food. [2 marks]

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**(d)** Evaluate the use of shopping apps as an option for buying food. [4 marks]

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**(e)** Discuss how families can manage money effectively when shopping for food. [6 marks]

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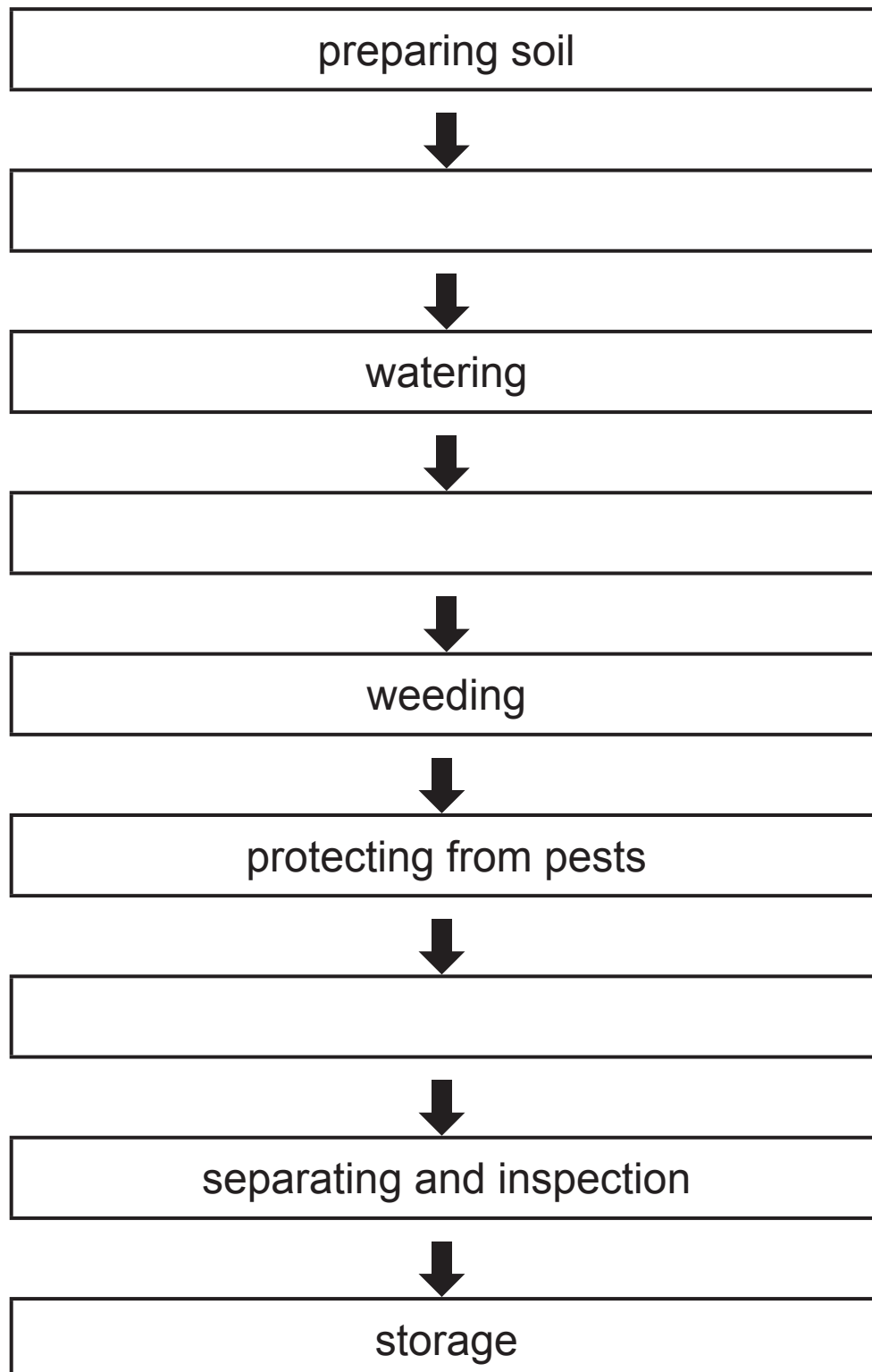
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- 4 (a) Place the following steps involved in crop production into the flow chart below. [3 marks]

**sowing seeds/seedlings**

**harvesting**

**fertilising**



**(b)** Milk is used to produce cheese.

Identify the enzyme used to separate milk into curds and whey. [1 mark]

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**(c)** Underline **two** foods which should not be eaten by someone who is lactose intolerant. [2 marks]

cow's milk

soya products

meat

custard

**(d)** Identify **two** methods used to catch fish.  
[1 mark for each]

1. \_\_\_\_\_

2. \_\_\_\_\_

**(e)** Explain what is meant by secondary processing in food production. [2 marks]

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

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

(a) (i) Write down the energy requirement of a female child aged 7 years. [1 mark]

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(ii) Identify the age and gender with the highest energy requirement. [1 mark for age, 1 mark for gender]

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

(iii) Outline the meaning of the term EAR. [2 marks]

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**(iv)** Explain why boys have slightly higher requirements for energy than girls. [2 marks]

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**(b)** Explain how the following advice could help someone maintain a healthy weight. [2 marks for each]

Increase physical activity levels (PAL)

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Manage portion sizes

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**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. [3 marks for each]

Carbohydrate

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Calcium and vitamin D

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**(b)** Discuss **two** factors to consider when preparing meals for an older adult (65 years and older) with a sedentary lifestyle. [2 marks for each]

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**(c)** Evaluate contactless credit cards as a method of payment for food for older adults (65 years and older). [4 marks]

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

(a) Identify **one** health issue that could increase the risk of developing type 2 diabetes. [1 mark]

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(b) Discuss the dietary advice you would give someone to manage type 2 diabetes. [4 marks]

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- 8 (a) State why food additives are given an E number.  
[1 mark]

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- (b) Explain the role of the following additives in food production: [2 marks for each]

Colours

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Preservatives

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**9** It is important to reduce the risk of bacteria contaminating food and causing food poisoning.

**(a)** List **four** conditions needed for bacterial growth.

[1 mark for each]

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**(b)** Meat is a high risk food. Discuss how E.coli bacteria can be controlled when preparing and cooking meat.

[6 marks]

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(c) Describe how the Food Standards Agency (FSA) Food Hygiene Rating Scheme protects consumers in relation to food safety. [3 marks]



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(d) Who is responsible for enforcing the Food Hygiene Rating Scheme? [1 mark]

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

**10** Discuss **three** factors which may influence food choice.  
[9 marks]

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**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. [9 marks]

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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. [12 marks]

<b>Sweet Potato and Chicken Curry with Rice</b>
<b>400 g chicken</b> <b>300 g sweet potato</b> <b>1 tbsp olive oil</b> <b>1 onion</b> <b>1 green pepper</b> <b>200 g spinach</b> <b>2 tbsp curry paste</b> <b>400 g can coconut milk</b> <b>2 tbsp natural yoghurt</b> <b>2 tomatoes</b> <b>300 g brown rice</b>

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**This is the end of the question paper**

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## SOURCES

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Q7 . . . . Data from © Diabetes UK 2016

Q9(c) . . . © Crown Copyright <https://www.food.gov.uk/> Contains public sector information licensed under the Open Government Licence v3.0

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
<b>Total Marks</b>	

Examiner Number

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