

FOR OFFICIAL USE

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	KU	HI
Total Marks		

NATIONAL  
QUALIFICATIONS  
2009

HOME ECONOMICS  
STANDARD GRADE  
Question Paper Exemplification

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day    Month    Year

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Scottish candidate number

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Number of seat

Questions that involve the use of nutrition tables have been altered. The examination team, acting on feedback received by stakeholders, have removed one of the three nutrition tables that are currently used in Credit paper questions. This means that in future papers said questions will only have two tables, making them less complex and more accessible for candidates. The questions in this exemplification document are 2007, 2008 and 2009 adapted DRV questions—the published marking Instructions are still valid (specific references to meals would now change to daily intake where applicable.)

Marks

KU	HI
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**1. 2008 Credit Question 2(a)**

16 year old Anja is a gymnast. She trains before and after school.

Taking account of the Dietary Reference Values (DRVs) for this age group, evaluate the suitability of this day's nutritional intake.

Dietary Reference Values for females 11–14 years					
Estimated average requirement	Guideline daily amount	Reference Nutrient Intake			
Energy	NSP	Protein	Vitamin B1	Folic Acid	Vitamin C
8.83 MJ	18 g	45.4 g	0.84 mg	200 µg	40 mg

Dietary analysis of day's intake					
Energy	NSP	Protein	Vitamin B1	Folic Acid	Vitamin C
4.93 MJ	15.1 g	51.2 g	0.41 mg	200 µg	63 mg

Evaluation

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**2. 2007 Credit Question 3(a)**

14 year old Gill is a lacto vegetarian. She spends her evenings doing homework and playing computer games.

Taking account of the Dietary Reference Values (DRVs) for this age group, evaluate the suitability of this day's nutritional intake.

Dietary Reference Values for females 11–14 years					
Estimated average requirement	Guideline daily amount	Reference Nutrient Intake			
		Energy	NSP	Protein	Vitamin C
7.92 MJ	18 g	41.2 g	35 mg	14.8 mg	800 mg

Dietary analysis of day's intake					
Energy	NSP	Protein	Vitamin C	Iron	Calcium
9.2 MJ	6 g	41.2 g	22 mg	6.5 mg	1199 mg

Evaluation

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**3. 2009 Credit Question 3(d)**

Max, a 34 year old long distance lorry driver, is slightly overweight and has a history of high blood pressure in his family.

He eats most of his meals at a roadside café and spends his leisure time playing pool.

Taking account of the Dietary Reference Values (DRVs) for this age group evaluate the suitability of this day's nutritional intake.

Dietary Reference Values for men aged 19–50 years					
Estimated average requirements		Reference Nutrient Intakes			
Energy	NSP	Vitamin A	Iron	Sodium	Protein
11.5 MJ	18 g	700 µg	8.7 mg	1600 mg	55.5 g

Dietary analysis of day's intake					
Energy	NSP	Vitamin A	Iron	Sodium	Protein
9.5 MJ	15 g	539 µg	5.43 mg	1641 mg	59.4 g

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**3. (continued)**

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Evaluation

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Evaluation

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[END OF QUESTION PAPER EXEMPLIFICATION]