X117/12/01

NATIONAL QUALIFICATIONS 2014

FRIDAY, 2 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.

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SECTION A

Attempt ALL questions.

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

1. Identify **one** family structure. **1**

2. State **one** food source of vitamin A. **1**

3. State **one** cause of hypertension. **1**

4. Give **one** property of cotton. **1**

5. Explain the term "over nutrition". **1**

6. What does the abbreviation **OFT** stand for? **1**

7. State **one** function of the organisation Shelter. **1**

8. Give the temperature required for the safe re-heating of food. **1**

9. Give **two** benefits of using a store card. **2**

10. Identify **two** cooking methods which would help meet Scottish Dietary Targets. **2**

11. State **two** practical ways of reducing sugar in the diet. **2**

12. Identify **two** areas covered by the Food Safety Act 1990. **2**

13. State **two** advantages of breathable membranes in clothing. **2**

14. State **one** advantage and **one** disadvantage of extruded food products. **2**

(20)

SECTION B

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

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

1. (*a*) Identify and explain **three** factors that may contribute to a change in family lifestyle. **6 KU**

(*b*) Evaluate **each** of the following methods of saving money for a family.

(i) Savings Account **2 EV**

(ii) Credit Union **2 EV**

(*c*) Identify and explain **three** factors which may influence the choice of food for an elderly person on a low income. **6 KU**

(*d*) Evaluate how **each** of the following statutory services may support a family.

(i) National Health Service (NHS)

(ii) Education **4 EV**

(20)

[Turn over

Marks

2. (*a*) The table opposite shows a day's nutrient content of meals eaten by a pregnant woman.

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 may affect health during pregnancy. **6 KU**

(*c*) Evaluate internet shopping as a method of purchasing a car seat for a baby. **3 EV**

(*d*) Explain the benefits of **each** of the following to the consumer.

(i) Care labels on clothing **2 KU**

(ii) Nutritional information on convenience food **2 KU**

(*e*) Explain the role of the British Standards Institution (BSI). **2 KU**

(20)

2. (continued)

Nutrient content of a day's meals eaten by a pregnant woman						
Energy		*Protein* (g)	*Saturated Fat* %	*Calcium* (mg)	*Vitamin C* (mg)	*Folic Acid* (μg)
(MJ)	(kcal)					
11·12	2675	41·0	16	602	43	405

Reference Nutrient Intake for Selected Nutrients in the UK (per day) for pregnant women			
Protein (g)	*Calcium* (mg)	*Vitamin C* (mg)	*Folic acid* (μg)
51·0	700	50	300

Estimated Average Requirement for Energy in the UK (per day) for pregnant women	
Energy	
MJ	kcal
8·9	2140

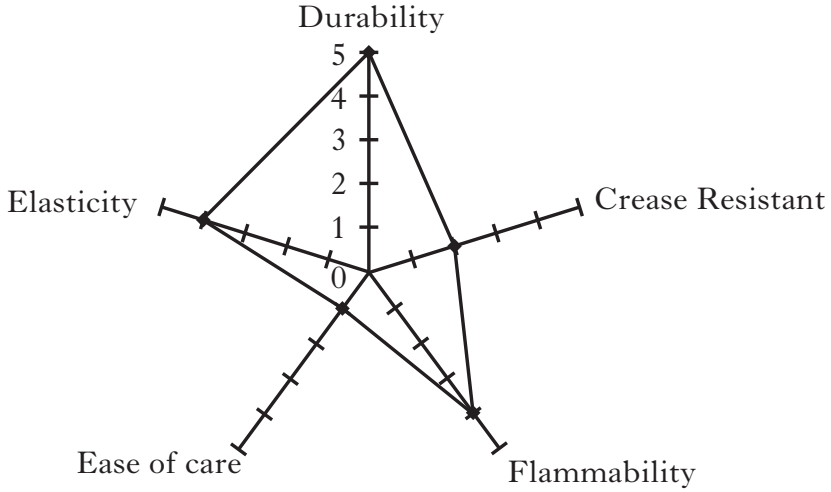
[Turn over

Marks

3. (*a*) Identify and explain **three** stages in the development of school trousers. **6 KU**

(*b*) The star profile below shows the results of testing fabric for the school trousers.

Evaluate the suitability of this fabric for the school trousers.



4 EV

(*c*) Evaluate the usefulness to the consumer of **each** of the following.

(i) Fair Trade products

(ii) Organic foods **4 EV**

(*d*) Explain the role of **each** of the following.

(i) Which?

(ii) Food Standards Agency (FSA) **4 KU**

(*e*) Explain the protection offered to the consumer by the Consumer Protection from Unfair Trading Regulations (CPRs) 2008. **2 KU**

(20)

Marks

4. (*a*) Explain **each** of the following functions of a family.

(i) Care and mutual support

(ii) Socialisation

(iii) Economic support **3 KU**

(*b*) Identify and explain **two** factors which should be considered to prevent food poisoning on a family picnic. **4 KU**

(*c*) Evaluate **each** of the following community services for the family.

(i) Nursery meals

(ii) Meals on wheels **4 EV**

(*d*) Identify and explain **three** types of additives in food. **6 KU**

(*e*) Evaluate the use of market research in product development. **3 EV**

(20)

[*END OF QUESTION PAPER*]

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