



General Certificate of Education  
Advanced Level Examination  
June 2011

## General Studies (Specification B)

**GENB3**

Unit 3 Power

### Insert

#### SOURCE MATERIAL

These texts are to be read in conjunction with unit GENB3.

The questions arise from the texts.

Use the texts, your own knowledge and examples to answer **both** questions in Section A, and **either** Question 03 **or** Question 04 from Section B.

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## Text A

### Some great foods you aren't eating

**These easy-to-buy super-foods could help you to live a healthier, flat-bellied and longer life, says our nutritionist.**

#### Green tea

Swap a couple of cups of your builder's brew a day for green tea. Especially rich in polyphenols, green tea antioxidants have an antibacterial role, and regulate the immune system. It may also help to fight tooth decay.

#### Oily fish

Fling fresh sardines under the grill, or have them from a can; either way, like mackerel, salmon and anchovies, they are great for omega-3 oils, which seem to make platelets in the blood less likely to clump together and cause a clot.

#### Apples

With an astonishing 150 super-nutrients packed into each apple you eat, this easy-to-transport, easy-to-eat, no-waste fruit is especially good for quercetin, an antioxidant that appears, from laboratory research, to help to kill off viruses such as herpes, which causes cold sores. Quercetin sits just under the skin of an apple, so never peel it before eating.

#### Tomatoes

This vegetable is packed with the red pigment lycopene, the main antioxidant in the prostate gland. Studies reveal that men eating tomatoes (or tomato products such as purée, juice and soup) ten or more times a week have a 35 per cent reduced risk of developing prostate cancer.

#### Pomegranates

You don't need to fiddle around with fresh pomegranates. Israeli scientists found that men drinking only 100 ml of this powerful juice each day for 12 months helped to reverse artery damage. This may be down to the fruit's increasing production of paraoxonase, a cholesterol-breaking enzyme.

#### Poached eggs

Eggs give us lecithin, which is turned into choline once eaten, a vital component of transmitters in our brains involved in memory. This brain-boosting food is also fabulously filling – eat two for breakfast (poached or boiled, not fried) and, according to research, you will eat 400 calories less during the rest of the day.

#### Chilies

These raise your metabolism: the hotter you can stand, the more their effect. Expect a 15 per cent increase in calories burnt for about two hours after eating a hot chili sauce.

Source: adapted from an article by AMANDA URSELL, © *The Times*, Saturday 16 January 2010

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**Text B****Welcome to this New Age of Deference**

**The collapse of respect for authority hasn't freed us – it's just made us slaves to a new set of masters.**

These days we don't take authority very seriously. Everyone, from the Pope to members of the Royal Family, needs to earn their keep and demonstrate their contribution. People no longer unquestioningly do as they are told and those who claim authority without having earned it are rightly treated with derision and contempt. There is much to welcome in this, but at the same time no society can work unless some forms of authority are respected. Look, for example, at the demise of the authority of teachers. Low-grade disruption of lessons – challenging instructions, answering back, swearing – has become the norm. Is it any surprise, then, that individuals who are routinely abused in this way become less than effective teachers?

Even adult authority has been called into question. It is frequently suggested that grown-ups possess no special wisdom and that "children's rights" should be celebrated. An attempt to guide and inspire the young without the exercise of adult authority is a challenge that no society would welcome.

Increasingly, deference to traditional authorities is being replaced by reverence for new ones. While we doubt the word of our doctors, we turn happily to the herbalist, the New Age healer, the osteopath and a multitude of complementary therapists. Increasingly, victims are endowed with a claim to moral authority. Victims of crime are encouraged to make pronouncements on the issue of law and order. Parents of casualties in the Iraq war are treated as if they are experts in military affairs. And patient groups insist that their representation of their illness is the final word on the subject.

Once pronouncements about who was evil or who had sinned were the prerogative of the priest. Now, with the end of deference to the Church, such mystical powers are bestowed on the professional expert witness. The call for ordinary jurors to ignore their intuition and subjugate themselves to the superior insight of the expert is seldom seen for what it really is – a new form of deference.

Daily we are encouraged to defer to a bewildering variety of "relationship experts". Parenting coaches, life coaches, makeover gurus, supernannies – all of them apparently possess the authority to tell us how to live our lives. But it does not end there. The political class shows deference to the authority of the celebrity. Like most of us, our leaders are happy to listen to Bob Geldof moralising about how to save Africans or Jamie Oliver instructing us how to rescue our children from obesity. The end of deference? You have to be kidding.

Source: adapted from an article by PROFESSOR FRANK FUREDI, [www.frankfuredi.com](http://www.frankfuredi.com),  
© *The Times*, 25 October 2005

**Turn over ►**

## Text C

### What is the Rule of Law?

The Rule of Law and Natural Justice require that everyone be subject to the same law, that the law should do justice by not punishing those whose actions are innocent or justified. There must be access to independent tribunals and a system of appeals, and a means of preventing arbitrary law-making, particularly by officials and inferior courts.

The English Legal System attempts to meet these requirements and is largely successful. There are however, concerns regarding access to justice and the implications of the **Access to Justice Act 1999**, which ensures legal advice and representation, but legal aid does not cover all types of case, and people with even modest incomes may not be eligible. It has been said that, "The law, like the tavern, is open to all", but it may be more correct to say, as did Lord Justice Matthew almost a century ago, "In England justice is open to all, like the Ritz".



### Equality before the law

Formal justice requires that like should be treated as like, in other words everyone should be treated the same irrespective of wealth or position, gender, colour or race. Not only should they be treated the same by the police but sentences should be similar for similar crimes.

**The Criminal Justice Act 1991** described this concept as "Just deserts". Equality and justice, however, are not identical. If equality is used only to mean that all people are to be treated alike this fails to take account of differences in character, upbringing, status, education and so on. Discrimination on the grounds of age, sex, and colour and so on should not be tolerated, but recognition of human differences must be retained if justice, in its widest sense of fairness, is to be achieved. Some consider that in the interests of justice some individuals or groups should benefit from positive discrimination so as to even out the disadvantages experienced by such individuals or groups in the past. Others would see this as unfair and that promotion or preferment should be achieved only on merit.

Given that individuals or groups may discriminate against others in subtle as well as overt ways the law has had to develop the notion of direct and indirect discrimination in an attempt to change attitudes and ensure fairer treatment of those who would otherwise stand little chance of success in employment, education, housing or other social activities.

English law has taken an incremental approach to discrimination, outlawing discrimination on the grounds of sex and race, disability and sexual orientation. The legal profession and system is itself accused of discriminating against women and minority ethnic groups with the result that much talent is lost to the legal profession and judiciary. Awareness within the profession and judiciary has increased and conscious efforts are being made to improve accessibility.

Source: adapted from *Sixth Form Law* © 2000-2008 M SOUPER



## Text D

## The International Federation of Red Cross and Red Crescent Societies

International Federation of Red Cross and Red Crescent Societies (IFRC)

 International Federation of Red Cross and Red Crescent Societies

# Devastation in Haiti

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- disaster management
- promoting humanitarian principles and values

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 <b>Americas</b>	 <b>Middle East &amp; North Africa</b>
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Source: International Federation of Red Cross and Red Crescent Societies, www.ifrc.org, 2010

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