



*Rewarding Learning*  
ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2018

Centre Number

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Candidate Number

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# Nutrition and Food Science

Assessment Unit AS 2

*assessing*

Diet, Lifestyle and Health

**MV18**

**[SNF21]**

**MONDAY 21 MAY, MORNING**

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## **Time**

1 hour 30 minutes, 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.

Answer **all** questions in Section A and **three** questions from Section B.

Write your answers to Section A in the Question Paper.

Write your answers to Section B in the Answer Booklet provided.

Use the treasury tag provided to attach your Answer Booklet to the Question Paper at the end of the examination.

## **Information for Candidates**

The total mark for this paper is 80.

Quality of written communication will be assessed in Questions **6–9**.

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

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## Section A

Answer **all** questions in the spaces provided.

- 1 (a) State the current physical activity guidelines for children and young people. [1 mark]

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- (b) Suggest **two** reasons why leisure patterns in children may increase their risk of obesity. [2 marks]

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- (c) Identify **two** health problems that can occur in overweight children. [2 marks]

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2 (a) Define the term cholesterol. [2 marks]

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(b) Name **three** non-modifiable risk factors for cardiovascular disease. [3 marks]

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(c) Explain the relationship between:

(i) high sodium intake and cardiovascular disease  
[4 marks]

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**(ii) smoking and cardiovascular disease. [4 marks]**

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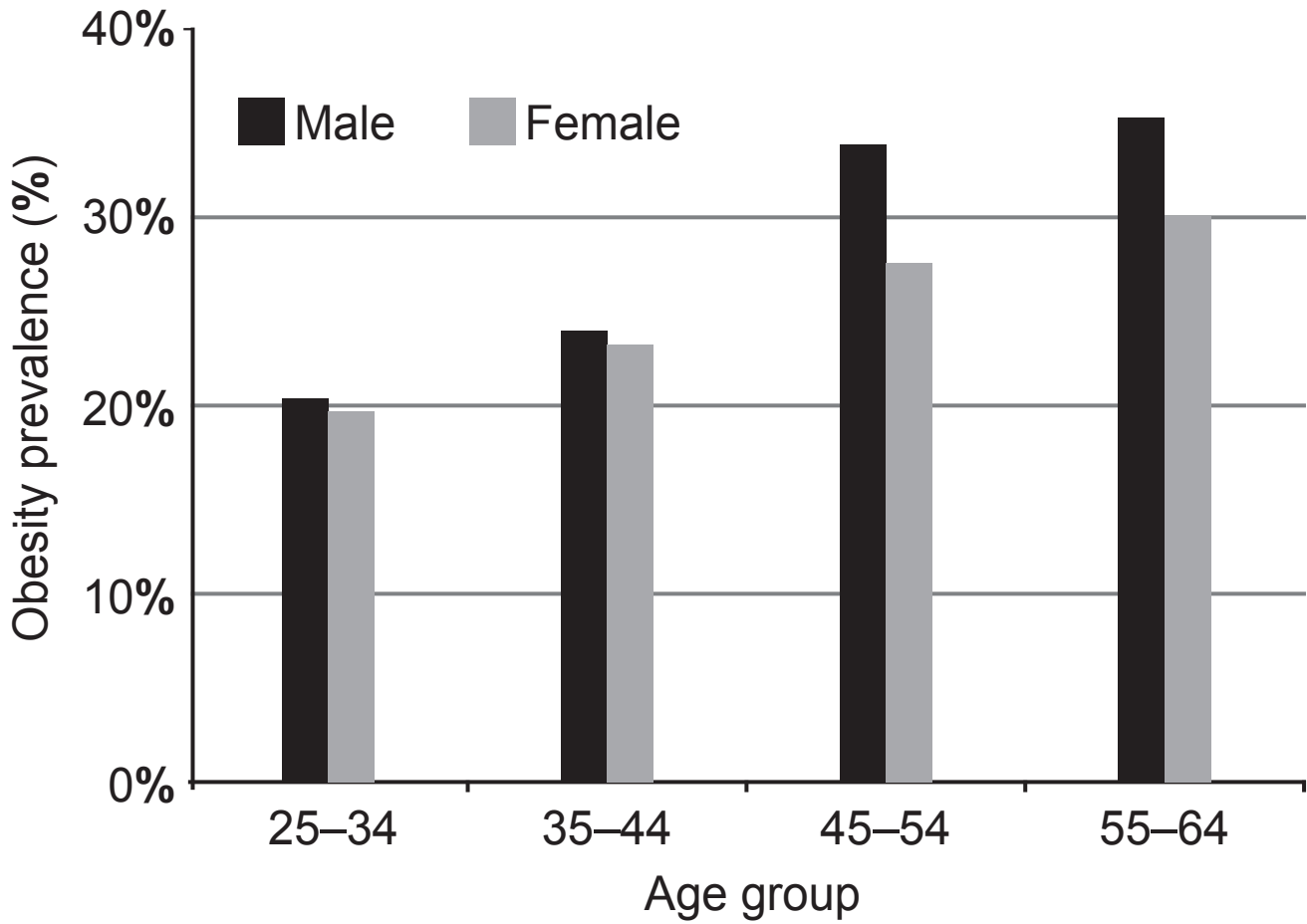
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- 5 Using the information in the graph below explain why obesity levels change by age and gender. [6 marks]

### Obesity by Age Group and Gender





## Section B

Quality of written communication is assessed in this section.

Answer **three** out of four questions from this section.

Write your answers in the Answer Booklet provided.

- 6** The Chief Medical Officers for the UK recommend that if pregnant, or planning to become pregnant, the safest approach is not to drink alcohol.

Discuss the reasons for this advice. [15 marks]

- 7** Justify **three** dietary recommendations to reduce the risk of cancer. [15 marks]

- 8** Explain why the amount of energy needed by the body varies from person to person. [15 marks]

- 9** Explain how advertisements for food and drink may prevent consumers from making healthy food choices. [15 marks]

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**THIS IS THE END OF THE QUESTION PAPER**

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**SOURCES**

Q5 . . . . . © Crown copyright <https://www.health-ni.gov.uk/news/health-survey-northern-ireland-first-results-201415>

Q6 . . . . . © Crown copyright Adapted from [www.nhs.uk](http://www.nhs.uk)

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

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