



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2019

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]

WEDNESDAY 22 MAY, MORNING

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 and on the Answer Booklet provided.

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 **4–7**.

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

Section A

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

1 (a) Define the term obesity. [1 mark]

(b) (i) State **one** reason why the body needs energy.
[1 mark]

(ii) Explain the term energy balance. [4 marks]

(c) (i) Describe the physical activity guidelines for adults.
[3 marks]

(ii) Consider the benefits of physical activity for older adults in relation to bone and joint health.
[5 marks]

2 (a) Explain how excessive alcohol consumption may affect the following:

Weight gain [1 mark]

Fat metabolism [4 marks]

Iron status [4 marks]

(b) State **two** health problems associated with Fetal Alcohol Syndrome (FAS). [2 marks]

3 (a) Describe the possible influence of sun exposure in the development of cancer. [2 marks]

(b) Explain how smoking causes cancer. [4 marks]

(c) Describe the possible role of fruit and vegetables in the prevention of cancer. [4 marks]

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.

- 4 Explain how limited resources may prevent some consumers making healthy food choices. [15 marks]

- 5 Discuss the lifestyle advice recommended to prevent Type 2 diabetes. [15 marks]

- 6 Describe the possible health problems associated with overweight and obesity in childhood. [15 marks]

- 7 Discuss the effects of the following in the development of cardiovascular disease: [15 marks]
 - saturated and unsaturated fatty acids
 - hypertension
 - overweight and obesity.

This is the end of the question paper

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Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
Total Marks	

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