



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2022

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



[SNF21]

SNF21

TUESDAY 7 JUNE, AFTERNOON

TIME

1 hour 30 minutes.

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.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

INFORMATION FOR CANDIDATES

The total mark for this paper is 80.

Quality of written communication will be assessed in Questions **5–8**.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.



Section A

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

- 1 (a) State **two** symptoms of Type 2 diabetes.

[2]

- (b) Explain why individuals with Type 2 diabetes are advised to limit their fat intake.

[3]

- (c) Propose and justify **one** lifestyle recommendation for the prevention of Type 2 diabetes.

[3]



2 (a) Explain how meat and alcohol consumption may increase the risk of cancer.

Meat consumption

[4]

Alcohol consumption

[4]



(b) Outline why breastfeeding is a protective factor in cancer development.

[2]



4 (a) State **three** current recommendations for physical activity in children and young people aged 5–18 years.

[3]

(b) Explain how physical activity can benefit the mental health of children.

[6]



Section B

Quality of written communication is assessed in this section.

Answer **three** questions from this section.

- 5 The Health Survey (NI) 2019/2020 found that 65% of adults were either overweight or obese.

Source: Department of Health NI 2021

Consider possible reasons for this figure. [15]

- 6 Describe the non-modifiable risk factors involved in the development of cardiovascular disease. [15]

- 7 Explain how information on a food label can be a barrier to making healthy food choices. [15]

- 8 Explain how plant-based eating helps prevent a range of diet-related disorders. [15]
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For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	

Total Marks	
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Examiner Number

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