



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2023

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 30 MAY, MORNING**

## 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 the number of kilocalories in 1 g of alcohol.

\_\_\_\_\_ [1]

- (b) Explain how alcohol affects blood glucose levels.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [4]

- (c) “Drinking alcohol at any stage during pregnancy can cause harm to your baby”.

*Source: Drinkaware 2021*

Consider this statement.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [5]









## Section B

Quality of written communication is assessed in this section.

Answer **three** questions from this section.

- 5 Explore some of the health benefits associated with regular physical activity for adults. [15]
- 6 Propose and justify lifestyle recommendations to reduce the risk of cancer in adult women. [15]
- 7 Discuss **three** factors that affect energy expenditure. [15]
- 8 Explain how the factors listed below may contribute to cardiovascular disease: [15]
- smoking
  - low antioxidant status
  - low intake of soluble fibre.
- 













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\*20SNF2111\*













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

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**DO NOT WRITE ON THIS PAGE**

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	

<b>Total Marks</b>	
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Examiner Number

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