



*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

<b>MV18</b>
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**[SNF21]**

**WEDNESDAY 22 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 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.

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## Section A

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

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

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

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

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

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

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

Weight gain [1 mark]

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Fat metabolism [4 marks]

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Iron status [4 marks]

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

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

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

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

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## 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.

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**This is the end of the question paper**

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

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