



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]
MONDAY 22 MAY, 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 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 down the right side of pages indicate the marks awarded to each question or part question.

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

Total Marks

Section A

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

1 (a) Recommendations for energy in adults are shown in the table below:

Age	EAR – Males	EAR – Females
19–24 year olds	2272 kcal	2175 kcal
55–64 year olds	2581 kcal	2079 kcal
Over 75 year olds	2294 kcal	1840 kcal

© Open Government Licence v3.0. Dietary Reference Values for Energy. (ISBN: 9780108511370)
Published by Scientific Advisory Committee on Nutrition (SACN), 2011

(i) What do the letters EAR represent in relation to energy?

_____ [1]

(ii) Account for the difference in energy requirements between males and females.

_____ [2]

(b) List **three** factors that may affect energy balance.

_____ [3]

(c) Comment on why energy requirements change among the three age groups.

_____ [3]

Examiner Only	
Marks	Remark

2 (a) (i) Define cancer.

[2]

(ii) Outline how cancer can develop in the body.

[2]

(b) Explain how meat consumption may influence an individual's cancer risk.

[4]

(c) Describe how lifestyle choices may influence the development of cancer.

[5]

Examiner Only	
Marks	Remark

3 (a) List **two** non-modifiable risk factors for cardiovascular disease.

[2]

(b) Discuss the effect of each of the following on the development of cardiovascular disease:

Hypertension

[2]

Fatty acids

[4]

(c) Discuss the nutritional consequences of excessive alcohol consumption for adults.

[5]

Examiner Only	
Marks	Remark

Section B

Quality of written communication is assessed in this section.

Answer **three** questions from this section.

Write your answers in the Answer Booklet provided.

4 Propose and justify dietary and lifestyle recommendations to achieve a healthy weight in adulthood. [15]

5 Explain how the following factors may affect food choice and eating patterns:

- demographics
- employment
- leisure

[15]

6 Describe the risk factors that may increase the development of Type 2 diabetes and outline dietary recommendations to help manage this condition. [15]

7 Identify the current guidelines for physical activity in children and discuss the health benefits of regular physical activity for this age group. [15]

Examiner Only	
Marks	Remark

THIS IS THE END OF THE QUESTION PAPER

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