



Rewarding Learning

ADVANCED SUBSIDIARY (AS)  
General Certificate of Education  
2018

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 21 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.

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.

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	

Total Marks	
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**Section A**

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

**1** (a) State the current physical activity guidelines for children and young people.

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[1]

(b) Suggest **two** reasons why leisure patterns in children may increase their risk of obesity.

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[2]

(c) Identify **two** health problems that can occur in overweight children.

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[2]

Examiner Only	
Marks	Remark

2 (a) Define the term cholesterol.

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[2]

(b) Name **three** non-modifiable risk factors for cardiovascular disease.

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[3]

(c) Explain the relationship between:

(i) high sodium intake and cardiovascular disease

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[4]

(ii) smoking and cardiovascular disease.

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[4]

Examiner Only	
Marks	Remark

3 Describe the possible impact of shift work on eating patterns.

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[6]

4 Outline some of the barriers that students living away from home face when trying to make healthy food choices.

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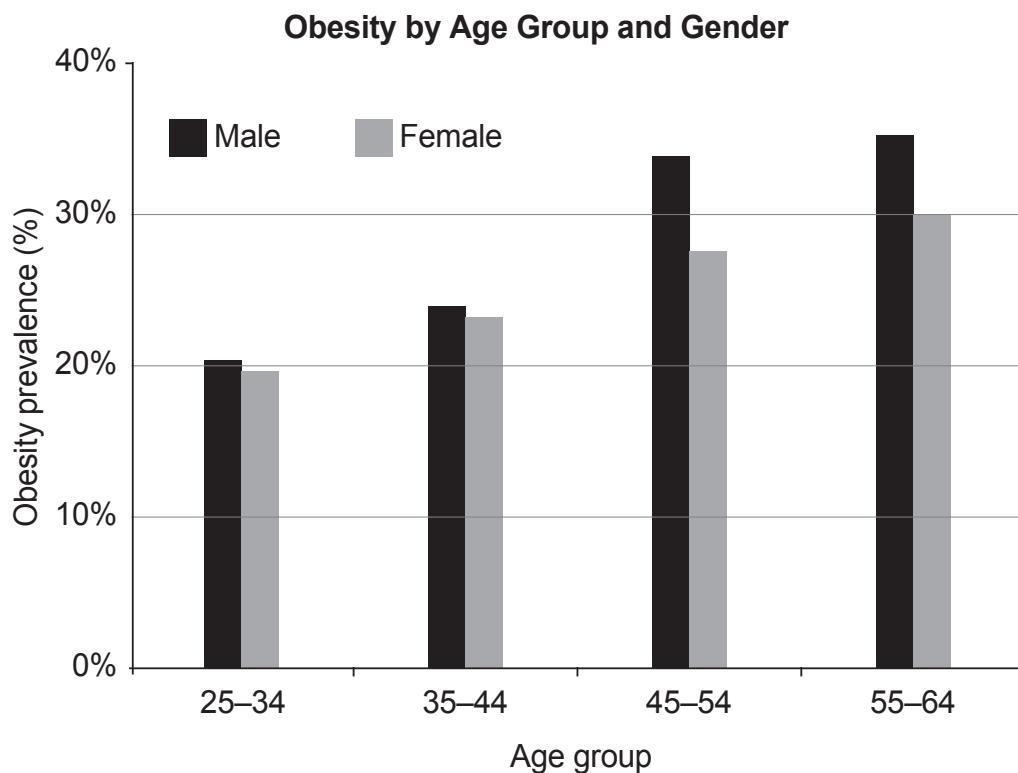
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[5]

Examiner Only	
Marks	Remark

5 Using the information in the graph below explain why obesity levels change by age and gender.

Examiner Only	
Marks	Remark



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[6]

**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.

**6** The Chief Medical Officers for the UK recommend that if pregnant, or planning to become pregnant, the safest approach is not to drink alcohol.

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Discuss the reasons for this advice. [15]

**7** Justify **three** dietary recommendations to reduce the risk of cancer. [15]

**8** Explain why the amount of energy needed by the body varies from person to person. [15]

**9** Explain how advertisements for food and drink may prevent consumers from making healthy food choices. [15]

Examiner Only	
Marks	Remark

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

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