



*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



\*SNF21\*

**[SNF21]**

**WEDNESDAY 22 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 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-hand 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	
<b>Total Marks</b>	

## Section A

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

- 1 (a)** Define the term obesity.

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[1]

- (b) (i)** State **one** reason why the body needs energy.

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[1]

- (ii)** Explain the term energy balance.

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[4]

- (c) (i)** Describe the physical activity guidelines for adults.

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[3]

Examiner Only	
Marks	Remark



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[1]

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[4]

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[4]

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[2]

Examiner Only	
Marks	Remark

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[2]

**(b)** Explain how smoking causes cancer.

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[4]

**(c)** Describe the possible role of fruit and vegetables in the prevention of cancer.

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[4

Examiner Only	
Marks	Remarks

## 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]
- 5 Discuss the lifestyle advice recommended to prevent Type 2 diabetes. [15]
- 6 Describe the possible health problems associated with overweight and obesity in childhood. [15]
- 7 Discuss the effects of the following in the development of cardiovascular disease:
- saturated and unsaturated fatty acids
  - hypertension
  - overweight and obesity.
- [15]

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

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