



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	

Total Marks	
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**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

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

<b>Examiner Only</b>	
<b>Marks</b>	<b>Remark</b>

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

Weight gain

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[1]

Fat metabolism

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[4]

Iron status

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[4]

(b) State **two** health problems associated with Fetal Alcohol Syndrome (FAS).

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[2]

3 (a) Describe the possible influence of sun exposure in the development of cancer.

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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	Remark

## 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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