Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education

Centre Number

Candidate Number

Nutrition and Food Science

Assessment Unit AS 2
assessing
Diet, Lifestyle and Health

MV18

[SNF21]
Assessment

Assessment Level of Control	Tick the relevant box (✓)
Controlled Conditions	
Other	

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.
Answer **all** questions in Section A and **three** questions from Section B.
You must answer the questions in the spaces provided.
Do not write on blank pages.
Complete in black ink only.

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.

Section A

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

1 **(a)** Define the term cardiovascular disease (CVD).
[2 marks]

_____

_____

_____

(b) Describe how cardiovascular disease (CVD) develops.
[4 marks]

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_____

(c) Explain why including oily fish and high fibre foods in the diet may help reduce the risk of cardiovascular disease (CVD). [6 marks]

2 **(a)** State **one** health problem associated with being overweight. [1 mark]

(b) Describe **two** lifestyle recommendations to help individuals lose weight. [4 marks]

(c) Discuss **three** barriers to achieving a healthy weight. [6 marks]

3 **(a)** Explain why the Estimated Average Requirement (EAR) for energy increases for pregnant women in the last three months of pregnancy. [2 marks]

(b) Using the data in the table below, explain the decrease in energy requirements for males 65 years and over. [4 marks]

Adult Males	**EAR (kcal)**
45–54 years	2581
55–64 years	2581
65–74 years	2342
75+ years	2294

(c) Explain what is meant by BMR. [2 marks]

(d) Describe the thermic effect of food as a factor affecting energy expenditure. [4 marks]

Section B

Answer **any three** questions in this section.

Quality of written communication is assessed in this section.

4 Explain how a healthy balanced diet can help reduce the risk of certain cancers. [15 marks]

5 Discuss the nutritional consequences of excessive alcohol consumption for adult men. [15 marks]

6 Describe current trends in leisure patterns and explain how they have increased the prevalence of diet-related disorders. [15 marks]

7 Explain the health benefits of physical activity for children aged 5–12 years. [15 marks]

4 Explain how a healthy balanced diet can help reduce the risk of certain cancers. [15 marks]

5 Discuss the nutritional consequences of excessive alcohol consumption for adult men. [15 marks]

6 Describe current trends in leisure patterns and explain how they have increased the prevalence of diet-related disorders. [15 marks]

7 Explain the health benefits of physical activity for children aged 5–12 years. [15 marks]

This is the end of the question paper

SOURCES

Q3(b) . . *Data from © British Nutrition Foundation 2019*

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Question Number	**Marks**
1	
2	
3	
4	
5	
6	
7	
Total Marks	

Examiner Number

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