



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education

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]
Assessment

SNF21

TIME

1 hour 30 minutes.

Assessment Level of Control:

Tick the relevant box (✓)

Controlled Conditions	
Other	

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 outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

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.



Section A

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

- 1 (a) Define the term cardiovascular disease (CVD).

[2]

- (b) Describe how cardiovascular disease (CVD) develops.

[4]



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

[6]

[Turn over



2 (a) State **one** health problem associated with being overweight.

_____ [1]

(b) Describe **two** lifestyle recommendations to help individuals lose weight.

_____ [4]

(c) Discuss **three** barriers to achieving a healthy weight.

_____ [6]



- 3 (a) Explain why the Estimated Average Requirement (EAR) for energy increases for pregnant women in the last three months of pregnancy.

[2]

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

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

Data from © British Nutrition Foundation 2019

[4]

- (c) Explain what is meant by BMR.

[2]

[Turn over



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

[4]



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]

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

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

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

[Turn over



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





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12571

[Turn over



20SNF2109



5 Discuss the nutritional consequences of excessive alcohol consumption for adult men.

[Turn over



Handwriting practice lines consisting of 18 horizontal lines.

12571



20SNF2112





A series of horizontal lines for writing, with the number [15] at the bottom right of the lines.

[15]

[Turn over

12571



20SNF2113

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

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20SNF2114





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[Turn over



20SNF2115

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20SNF2118





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THIS IS THE END OF THE QUESTION PAPER

DO NOT WRITE ON THIS PAGE

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

Total Marks	
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Examiner Number

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