



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education
2024

Centre Number

--	--	--	--	--

Candidate Number

--	--	--	--	--

Nutrition and Food Science

Assessment Unit AS 2
assessing
Diet, Lifestyle and Health



[SNF21]

SNF21

TUESDAY 28 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.

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 **5–8**.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.



BLANK PAGE
DO NOT WRITE ON THIS PAGE

13926



16SNF2102



Section A

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

- 1 (a) Name **two** cancers associated with smoking.

[2]

- (b) Describe how smoking influences the development of cancer.

[3]

- (c) Explain **two** dietary recommendations to reduce the risk of cancer.

[4]

[Turn over



2 (a) Outline how each of the following may be a risk factor for cardiovascular disease (CVD):

(i) Genetics

[2]

(ii) Low birth weight

[2]

(iii) Ethnicity

[2]

(b) Describe the effects of saturated fatty acids on the development of cardiovascular disease (CVD).

[4]



- 3 (a) Complete the following table to show the current NHS physical activity guidelines for adults aged 19 – 64 years.

Number of minutes per week	Intensity

[4]

- (b) Describe how regular physical activity may benefit each of the following during adulthood:

- (i) Skeletal muscular health

[3]

- (ii) Bone and joint health

[3]

[Turn over



4 (a) Identify **two** social trends in food consumption.

[2]

(b) "The number of people living alone in the UK has increased over the last 10 years."

Source: www.ons.gov.uk/familiesandhouseholds/2020

Consider the impact this demographic has on eating patterns and food consumption.

[4]



Section B

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

Quality of written communication is assessed in this section.

- 5 Describe the relationship between alcohol and each of the following:
- obesity
 - cardiovascular disease (CVD)
 - cancer.
- [15]
- 6 Explain how advertising may prevent consumers from making healthy food choices.
- [15]
- 7 Explain **three** factors that increase the risk of Type 2 diabetes.
- [15]
- 8 Discuss the possible barriers to achieving a healthy weight.
- [15]

[Turn over





Blank writing area with horizontal lines.



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	
8	

Total Marks	
--------------------	--

Examiner Number

Permission to reproduce all copyright material has been applied for.
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA will be happy to rectify any omissions of acknowledgement in future if notified.

13926/2



16SNF2116