



**General Certificate of Secondary Education
2022**

Home Economics: Food and Nutrition

Written Paper

[G9521]

MONDAY 20 JUNE, AFTERNOON

MARK SCHEME

General Marking Instructions

Introduction

The main purpose of the mark scheme is to ensure that examinations are marked accurately, consistently and fairly. The mark scheme provides examiners with an indication of the nature and range of candidates' responses likely to be worthy of credit. It also sets out the criteria which they should apply in allocating marks to candidates' responses.

Assessment objectives

Below are the assessment objectives for Home Economics: Food and Nutrition.

Candidates should be able to:

- AO1** Recall, select and communicate their knowledge and understanding of a range of contexts.
- AO2** Apply skills, knowledge and understanding in a variety of contexts and in planning and carrying out investigations and tasks.
- AO3** Analyse and evaluate information, sources and evidence, make reasoned judgements and present conclusions.

Quality of candidates' responses

In marking the examination papers, examiners should be looking for a quality of response reflecting the level of maturity that may reasonably be expected of a 16-year-old, the age at which the majority of candidates sit their GCSE examinations.

Flexibility in marking

Mark schemes are not intended to be totally prescriptive. No mark scheme can cover all the responses which candidates may produce. In the event of unanticipated answers, examiners are expected to use their professional judgement to assess the validity of answers. If an answer is particularly problematic, then examiners should seek the guidance of the Supervising Examiner.

Positive marking

Examiners are encouraged to be positive in their marking, giving appropriate credit for what candidates know, understand and can do rather than penalising candidates for errors or omissions. Examiners should make use of the whole of the available mark range for any particular question and be prepared to award full marks for a response which is as good as might reasonably be expected of a 16-year-old GCSE candidate.

Awarding zero marks

Marks should only be awarded for valid responses and no marks should be awarded for an answer which is completely incorrect or inappropriate and not worthy of credit.

Types of mark schemes

Mark schemes for tasks or questions which require candidates to respond in extended written form are marked on the basis of levels of response which take account of the quality of written communication.

Other questions which require only short answers are marked on a point for point basis with marks awarded for each valid piece of information provided.

Levels of response

In deciding which level of response to award, examiners should look for the 'best fit' bearing in mind that weaknesses in one area may be compensated for by strength in another. In deciding which mark within a particular level to award to any response, examiners are expected to use their professional judgement.

The following guidance is provided to assist examiners:

- **Threshold performance:** Response which just merits inclusion in the level and should be awarded a mark at or near the bottom of the range.
- **Intermediate performance:** Response which clearly merits inclusion in the level and should be awarded a mark at or near the middle of the range.
- **High performance:** Response which fully satisfies the level description and should be awarded a mark at or near the top of the range.

Quality of written communication

Quality of written communication is taken into account in assessing candidates' responses to all tasks and questions that require them to respond in extended written form. These tasks and questions are marked on the basis of levels of response. The description for each level of response includes reference to the quality of written communication.

For conciseness, quality of written communication is distinguished within levels of response as follows:

Level 1: Quality of written communication is basic.

Level 2: Quality of written communication is competent.

Level 3: Quality of written communication is highly competent.

In interpreting these level descriptions, examiners should refer to the more detailed guidance provided below:

Level 1 (Basic): The candidate makes only a limited selection and use of an appropriate form and style of writing. The organisation of material may lack clarity and coherence. There is little use of specialist vocabulary. Presentation, spelling, punctuation and grammar may be such that intended meaning is not clear.

Level 2 (Competent): The candidate makes a reasonable selection and use of an appropriate form and style of writing. Relevant material is organised with some clarity and coherence. There is some use of appropriate specialist vocabulary. Presentation, spelling, punctuation and grammar are sufficiently competent to make meaning evident.

Level 3 (Highly competent): The candidate successfully selects and uses the most appropriate form and style of writing. Relevant material is organised with a high degree of clarity and coherence. There is extensive and accurate use of appropriate specialist vocabulary. Presentation, spelling, punctuation and grammar are of a high standard and ensure that meaning is clear.

COVID-19 Context

Given the unprecedented circumstances presented by the COVID-19 public health crisis, senior examiners, under the instruction of CCEA awarding organisation, are required to train assistant examiners to apply the mark scheme in case of disrupted learning and lost teaching time. The interpretation and intended application of the mark scheme for this examination series will be communicated through the standardising meeting by the Chief or Principal Examiner and will be monitored through the supervision period. This paragraph will apply to examination series in 2021–2022 only.

1 Read the following statements and tick the box beside each correct answer. Tick only **one** box for each statement. (AO1)

AVAILABLE
MARKS

(a) Which **one** of the following nutrients is a macronutrient?

A carbohydrate

(1 × [1])

[1]

(b) Which **one** of the following foods is an example of a food that has undergone primary processing?

C flour

(1 × [1])

[1]

(c) Which **one** of the following foods is a good source of protein?

B milk

(1 × [1])

[1]

(d) Which **one** of the following temperature ranges represents the 'danger zone' at which bacteria multiply rapidly?

D 5 – 63 °C

(1 × [1])

[1]

(e) Which **one** of the following health issues is caused by a deficiency of calcium?

A osteoporosis

(1 × [1])

[1]

(f) Which **one** of the following foods is not covered under the Northern Ireland Beef and Lamb Farm Quality Assurance Scheme (NIBL FQAS)?

C cod

(1 × [1])

[1]

6

- 2 (a) Write the following foods onto the correct section of the Eatwell Guide above. (AO1)

Answers should reflect the following:

- broccoli: Fruit and vegetables
- lentils: Beans, pulses, fish, eggs, meat and other proteins
- couscous: Potatoes, bread, rice, bread, pasta and other starchy carbohydrates
- single cream: Dairy and alternatives

All other valid responses will be given credit.

(4 × [1])

[4]

- (b) One of the “8 tips for eating well” is to eat less salt.

- (i) Write down **three** ways to reduce the amount of salt in the diet. (AO1)

Answers may address the following:

- avoid processed food with high salt content
- don't set salt out at the table
- check food labels for salt content
- replace salt with salt substitutes
- replace salt in cooking with herbs and spices
- don't add salt when cooking before tasting

All other valid responses will be given credit.

(3 × [1])

[3]

- (ii) Discuss why it is important to reduce the amount of salt in the diet. (AO1, AO2)

Answers may address the following:

- too much salt increases the risk of high blood pressure
- high blood pressure is a risk factor for cardiovascular disease (CVD) and stroke
- high salt intake puts strain on kidneys, increasing the risk of kidney disease

All other valid points will be given credit

[1] simple statement

[2] accurate discussion with limited reasoning for importance

[3] accurate discussion with developed reasoning for importance

(1 × [3])

[3]

(c) Another one of the “8 tips for eating well” is to eat lots of fruit and vegetables. Explain why this is important to health. (AO1, AO2)

AVAILABLE
MARKS

Answers may address the following:

- fruit and vegetables are low in fat – lower risk of becoming overweight or obese if consumed as snacks
- have a high water content – contribute to keeping the body hydrated
- are high in fibre – assist with digestion and are filling, helping to prevent unnecessary snacking
- are a good source of vitamin C – used to form connective tissue and assists with iron absorption
- provide antioxidant vitamins – protect cells from free radical damage, lowering the risk of cancer and cardiovascular disease (CVD)

All other valid points will be given credit

[1] simple statement

[2] accurate explanation with limited reasoning for importance

[3] accurate explanation with developed reasoning for importance

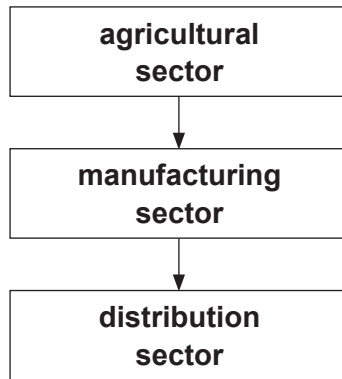
(1 × [3])

[3]

13

- 3 (a) The food supply chain has several stages. Place the following sectors of the food supply chain in the correct order. (AO1)

Answers should reflect the following order:



(3 × [1])

[3]

- (b) Explain **two** health benefits of including fish in the diet. (AO1, AO2)

Answers may address the following:

- oily fish provide omega 3 fatty acids - may help to prevent cardiovascular disease (CVD)
 - oily fish is a good source of vitamin D - assists with the absorption of calcium and so contributes to bone density
 - some fish contain bones that you can eat – act as a source of calcium
 - white fish is low in fat – contain less saturated fat than red or processed meat
 - source of HBV protein – needed for growth and repair of body tissues
- All other valid points will be given credit

[1] simple statement

[2] accurate explanation with good reasoning with clear focus on health benefits

(2 × [2])

[4]

- (c) Explain why sustainable fishing is important. (AO1, AO2)

Answers may address the following:

- sustainable fishing aims to protect the economy and the environment
 - sustainable fishing practices maintain fish stocks
 - establishes healthy marine ecosystem for the future
 - avoids the use of intensive fish farming
- All other valid points will be given credit

[1] simple statement

[2] accurate explanation with limited reasoning for importance

[3] accurate explanation with developed reasoning for importance

(1 × [3])

[3]

10

4 (a) Discuss the possible consequences of a deficiency of folate. (AO1, AO2)

AVAILABLE
MARKS

Answers may address the following:

- can increase risk of anaemia
- may lead to neural tube defects developing in the foetus during pregnancy, e.g. spina bifida
- may affect development of the foetal brain and nervous system
- can cause premature birth
- can affect growth of the baby which may result in low birth weight

[1] simple statement

[2] adequate response with limited reference to consequences

[3] competent response with clear consequences discussed

(1 × [3])

[3]

(b) Explain why food manufacturers choose to fortify foods during food production. (AO1, AO2)

Answers may address the following:

- to enhance the value of food products for those on special diets, e.g. formula milk is fortified with iron and vitamin D
- to add key nutrients into staple foods, e.g. vitamin A and D are added to margarine by law
- to replace nutrients lost during processing, e.g. B group vitamins are added back in to brown and white flour
- to improve nutrient intakes of specific groups of people, e.g. breakfast cereals are fortified to support the diets of children
- to prevent nutrient deficiencies which increase the risk of dietary disorders, e.g. calcium is added to soya products to help prevent osteoporosis
- to make food more marketable, e.g. omega 3 added to eggs

All other valid responses will be given credit

[1] simple statement

[2] adequate explanation with limited reference to the benefits of fortification

[3] competent explanation with some reference to the benefits of fortification

[4] highly competent explanation with clear reference to the benefits of fortification

(1 × [4])

[4]

7

5 (a) Explain **three** factors that influence individual energy requirements. (AO1, AO2)

AVAILABLE
MARKS

Answers may address the following:

- basal metabolic rate (BMR) – young children have a proportionately high BMR for their size to facilitate growth and development; men usually have a higher BMR than women due to greater muscle mass; older adults usually have a lower BMR as muscle mass decreases
- physical activity levels (PAL) – individuals who are more physically active will require more energy in comparison to individuals who are largely sedentary
- age – energy requirements reduce with age as growth stops and physical activity levels decline
- gender – adolescent and adult males often have more muscle mass and require more energy to move than females
- pregnancy and lactation – energy needs increase during pregnancy and continue to be high for females who breastfeed

All other valid responses will be given credit

[1] simple statement

[2] accurate explanation

(3 × [2])

[6]

(b) Discuss the role of fat in the diet. (AO2, AO3)

AVAILABLE
MARKS

Answers may address the following:

- provides a concentrated source of energy
- insulates the body
- protects organs and bones from damage
- is a source of fat soluble vitamins
- is a source of essential fatty acids
- adds flavour to food
- excess fat will be converted to adipose tissue and stored in the body as an energy reserve
- unsaturated fat in place of saturated fat can reduce risk of cardiovascular disease (CVD) as it lowers blood cholesterol

All other valid responses will be given credit

[0] is awarded for a response not worthy of credit

Level 1 ([1]–[2])

Overall impression: basic

- shows limited knowledge and understanding of the role of fat in the diet
- identifies and comments on a few obvious points relevant to the question
- a limited discussion applied in simple terms to the question

Level 2 ([3]–[4])

Overall impression: competent

- shows good knowledge and understanding of the role of fat in the diet
- identifies and comments on some key points relevant to the question
- a competent discussion applied accurately to the question

Level 3 ([5]–[6])

Overall impression: highly competent

- shows excellent knowledge and understanding of the role of fat in the diet
- identifies and comments on a range of key points relevant to the question
- a highly competent discussion applied accurately within the context of the question

(1 × [6])

[6]

12

6 (a) Identify the **two** date marks that consumers should look for when purchasing food. (AO1)

Answers should include the following:

- best before date
- use by date

NB: Do not accept 'Display Until'

(2 × [1])

[2]

(b) Identify **three** symptoms of listeria food poisoning. (AO1)

Answers can include any of the following:

- mild flu-like symptoms
- nausea
- diarrhoea
- convulsions
- blood poisoning
- meningitis

All other valid points will be given credit

(3 × [1])

[3]

AVAILABLE
MARKS

- (c) Analyse how good personal hygiene can promote food safety in the home. (AO2, AO3)

AVAILABLE
MARKS

Answers may address the following:

- wash hands regularly – to reduce the risk of cross contamination
- cover cuts with a clean blue plaster – to prevent bacteria from the wound touching food
- wear a clean apron— to ensure bacteria present on clothing does not contaminate food
- remove jewellery – bacteria could be carried on jewellery and may come into contact with food if jewellery is not removed
- avoid touching hair and tie long hair back – to prevent direct cross contamination
- avoid handling food for 48 hours after a case of food poisoning – to ensure food poisoning bacteria does not spread to food, causing others to become ill

All other valid responses will be given credit

[0] is awarded for a response not worthy of credit

Level 1 ([1]–[2])

Overall impression: basic

- shows limited knowledge and understanding of personal hygiene strategies
- identifies and comments on a few obvious points relevant to the question
- a limited analysis applied in simple terms to the question

Level 2 ([3]–[4])

Overall impression: competent

- shows good knowledge and understanding of personal hygiene strategies
- identifies and comments on some key points relevant to the question
- a competent analysis applied accurately to the question

Level 3 ([5]–[6])

Overall impression: highly competent

- shows excellent knowledge and understanding of personal hygiene strategies
- identifies and comments on a range of key points relevant to the question
- a highly competent analysis applied accurately within the context of the question

(1 × [6])

[6]

11

7 Evaluate the use of a debit card when paying for a meal in a restaurant. (AO2, AO3)

AVAILABLE
MARKS

Answers may address the following:

Positive:

- is a quick and efficient method of payment when out for a meal
- can easily track spending and stay within budget if you check your bank account online
- is practical for a one-off payment such as buying dinner
- convenient if wanting to add a tip for good service

Negative:

- security issues, e.g. fraud
- can lead to an embarrassing social situation if the payment is declined
- not as convenient if splitting the cost of the meal with other individuals
- can only cover the cost of the meal with the money present in the account

All other valid responses will be given credit

Answer must relate to paying for food in a restaurant and must include both positive and negative points to access full marks

[1] basic evaluation

[2] adequate evaluation

[3] competent evaluation

[4] highly competent evaluation

(1 × [4])

[4]

4

- 8 (a) Explain how the following factors can affect an individual's ability to be an effective consumer when shopping for food. (AO1, AO2)

AVAILABLE
MARKS

Answers may address the following:

Access to transport

- consumers who do not have access to a car may be unable to access larger, out-of-town supermarkets and may have to rely on local independent grocery stores
- lack of access to transport may affect ability to shop around for food, as travelling between different stores becomes more difficult
- may affect the volume of food items that can be purchased if relying on public transport
- availability of free parking spaces may affect the type of store chosen by certain groups, e.g. families, consumers with a disability

Literacy skills

- poor literacy skills can affect consumer confidence in relation to asking for help or complaining about food
- those with competent literacy skills will be able to complain effectively in writing
- may affect ability to read receipts or interpret food labels accurately
- may affect ability to interpret and act upon written nutritional or dietary advice

All other valid responses will be given credit

[1] simple statement

[2] adequate explanation with limited reference to being an effective consumer

[3] competent explanation with clear reference to being an effective consumer

(2 × [3])

[6]

(b) Outline the protection offered to consumers by the following legislation.
(AO1, AO2)

AVAILABLE
MARKS

Answers may address the following:

Food Safety (NI) Order 1991

- protects consumers from poor standards of food hygiene and the risk of food poisoning
- makes it an offence to produce, treat or alter food in any way that could endanger health
- makes it an offence to sell food that is:
 - unfit for human consumption
 - declared injurious to health
 - so contaminated that it would be unreasonable to expect consumers to eat it
 - not of the nature, substance or quality demanded by the consumer
 - is falsely or misleadingly labelled or presented

Food Hygiene Regulations (NI) 2006

- assumes that all food sold to consumers has been produced, processed or distributed in accordance with hygiene regulations and is fit for human consumption
- sets specific regulations concerning:
 - hot and cold holding requirements
 - restrictions in the sale of raw milk
 - requirements for HACCP procedures to be in place in food businesses

All other valid responses will be given credit

[1] simple statement

[2] adequate outline with some reference to protection offered to consumers

[3] competent outline with clear reference to protection offered to consumers
(2 × [3]) [6]

12

9 (a) Write down **three** sources of vitamin B12 in the diet of a vegetarian. (AO1)

Answers may include the following:

- fortified cereals
- dairy products
- eggs
- soya products

All other valid responses will be given credit

(3 × [1])

[3]

(b) Explain why an individual may choose to adopt a vegetarian diet. (AO1, AO2)

Answers may address the following:

- ethical factors – concerned over the welfare, e.g. battery hens
- personal factors – may not like the taste or texture of meat
- health factors – may have been advised to reduce saturated fat content of their diet
- religious factors – the Sikh and Buddhist faiths encourage followers to avoid eating meat
- environmental factors – growing consumer fear that animal farming raises CO₂ levels in the atmosphere

All other valid points will be given credit

[1] simple statement

[2] accurate explanation with adequate reasoning for choice

[3] accurate explanation with competent reasoning for choice

(1 × [3])

[3]

(c) Explain how the interaction between iron and vitamin C can be useful for a vegetarian. (AO1, AO2)

Answers may address the following:

- vegetarian diets will be lacking in haem iron from animal sources
- vitamin C promotes absorption of non-haem iron from plant sources
- plant sources of non-haem iron include dried fruit, cereals, green leafy vegetables

All other valid points will be given credit

[1] simple statement

[2] accurate explanation with limited knowledge of interaction

[3] accurate explanation with developed knowledge of interaction

(1 × [3])

[3]

(d) Below is a recipe for Spaghetti Bolognese:

100 g spaghetti
150 g minced beef
1 diced onion
2 carrots
240 g can chopped tomatoes
1 beef stock cube
100 g cheese
20 g plain flour

Suggest and justify modifications to this recipe that would make it suitable for someone who follows a vegetarian diet. (AO2, AO3)

Justification should relate to vegetarian diet

- substitute minced beef for an alternative such as Quorn mince – Quorn will provide protein in the vegetarian diet and replicates the texture of mince
- reduce the quantity of mince used to 75 g of Quorn mince and add in 75 g lentils – the lentils are a source of LBV protein which will complement the LBV protein in the spaghetti
- omit the cheese – this makes the meal suitable for ovo-vegetarians and vegans
- replace cheese with vegetarian alternative
- substitute the beef stock cube for a vegetable stock cube – the beef stock cube will have been produced using animal bones and so is not suitable for vegetarians
- replace the beef stock cube with herbs and spices – this maintains the flavour while complying with a vegetarian diet

All other valid responses will be given credit

[0] is awarded for a response not worthy of credit

Level 1 ([1]–[2])

Overall impression: basic

- shows limited knowledge and understanding of modifications for a vegetarian
- identifies and comments on a few obvious points relevant to the question
- a limited justification applied in simple terms to the question

Level 2 ([3]–[4])

Overall impression: competent

- shows good knowledge and understanding of modifications for a vegetarian
- identifies and comments on some key points relevant to the question
- a competent justification applied accurately to the question

Level 3 ([5]–[6])

Overall impression: highly competent

- shows excellent knowledge and understanding of modifications for a vegetarian
- identifies and comments on a range of key points relevant to the question
- a highly competent justification applied accurately within the context of the question

(1 × [6])

[6]

15

The quality of your written communication will be assessed in this question.

AVAILABLE
MARKS

- 10** Discuss how the layout of a supermarket can influence consumer food choice.
(AO1, AO2, AO3)

Answers may address the following:

- the front entrance is often clear with warm air blowing – this makes consumers feel welcome so they stay longer, thus buying more food
- best offers are placed to the right of the front entrance as consumers tend to look to the right when entering the store
- fruit and vegetables are placed near front of store - associated with freshness which leads to a positive opinion of the shop
- luxuries are placed at eye-level where they are more likely to be seen. Lower priced products placed on lower shelves.
- expensive food placed on the right side of a shelf as people tend to look from left to right
- sweets are placed beside tills to encourage impulse purchases and pester power
- essentials are placed at the back of the store so consumers have to walk past more items and may buy them
- special offers and impulse purchases are placed at the end of aisles or on a separate stand in the middle of the floor to encourage consumers to slow down – this increases the chances of purchase
- linked products are grouped together in aisles to encourage consumers to buy, e.g. strawberries and cream
- seasonal items are placed close to the entrance to encourage impulse purchases

All other valid points will be given credit

Answers must refer to the influence on food purchase to access Level 3

[0] is awarded for a response not worthy of credit

Level 1 ([1]–[3])

Overall impression: basic

- shows limited knowledge and understanding of supermarket layout
- identifies and comments on a few obvious points relevant to the question
- a limited discussion applied in simple terms to the question
- quality of written communication is basic

Level 2 ([4]–[6])

Overall impression: competent

- shows good knowledge and understanding of supermarket layout
- identifies and comments on some key points relevant to the question
- a competent discussion applied accurately to the question
- quality of written communication is competent

Level 3 ([7]–[9])

Overall impression: highly competent

- shows excellent knowledge and understanding of supermarket layout
- identifies and comments on a range of key points relevant to the question
- a highly competent discussion applied accurately within the context of the question
- quality of written communication is highly competent

(1 × [9])

[9]

9

The quality of your written communication will be assessed in this question.

AVAILABLE
MARKS

- 11 Evaluate online shopping as a method of food shopping for individuals on a low income. (AO1, AO2, AO3)

Answers may address the following:

Positives

- food products on special offer are often highlighted, making it easier to identify reduced items
- the consumer receives a notification at the online checkout when they are missing out on offers, so it is more likely that savings will be made
- speeds up the price comparison process, as food prices can be compared on different online shops using several browsers
- online accounts are linked to loyalty cards, so the consumer can accumulate money off vouchers for future food purchases
- use of the online shopping list can reduce the risk of impulse purchases, as consumers on a low income can limit browsing to the items they need
- total cost is visible as each item is added to the basket, so it is easier for individuals on a low income to see if they are overspending
- if food is being delivered, it is easier to buy in bulk, therefore saving money through bulk purchases

Negatives

- delivery charges can increase the overall cost
- many supermarkets have a minimum basket charge, e.g. £4 charge if the basket total is less than £25. This can become more expensive for individuals on a low income who live alone
- the quality of fresh fruit and vegetables is not always high, so consumers may end up spending more money to return unsuitable items
- items can be delivered with a narrow use by date, so more money is spent replacing foods that go to waste
- require the use of a credit or debit card, those on low income may not possess a credit card or current account
- may not have access to the internet or personal devices, e.g. PC

All other valid responses will be given credit

Answers must refer to both positive and negative points in order to access Level 3.

[0] is awarded for a response not worthy of credit

Level 1 ([1]–[3])

Overall impression: basic

- shows limited knowledge and understanding of the suitability of online shopping for individuals on a low income
- identifies and comments on a few obvious points relevant to the question
- a limited evaluation applied in simple terms to the question
- quality of written communication is basic

Level 2 ([4]–[6])

Overall impression: competent

- shows good knowledge and understanding of the suitability of online shopping for individuals on a low income

- identifies and comments on some key points relevant to the question
- a competent evaluation applied accurately to the question
- quality of written communication is competent

Level 3 ([7]–[9])

Overall impression: highly competent

- shows excellent knowledge and understanding of the suitability of online shopping for individuals on a low income
- identifies and comments on a range of key points relevant to the question
- a highly competent evaluation applied accurately within the context of the question
- quality of written communication is highly competent

(1 × [9])

[9]

**AVAILABLE
MARKS**

9

The quality of your written communication will be assessed in this question.

AVAILABLE
MARKS

- 12 Analyse how dietary and lifestyle choices made in adulthood (19–64 years) can contribute to the development of cardiovascular disease (CVD). (AO1, AO2, AO3)

Answers may address the following:

Dietary factors

- eating too much saturated fat increases blood cholesterol levels - high cholesterol levels increase the risk of cardiovascular disease (CVD)
- eating too much salt – extra water stored in the body raises blood pressure which damages blood vessels, making it harder for the heart to pump blood around the body
- eating too little fibre – can increase blood cholesterol levels
- diets low in antioxidants – antioxidants help to prevent free radical damage to arteries, so low intake can have an impact on CVD risk
- being overweight – increases risk of health issues such as high blood pressure and diabetes, which in turn increase risk of CVD
- fat distribution – adults who carry extra weight around the waist have increased risk of CVD

Lifestyle factors

- too much alcohol – high intakes can damage the heart muscle, leading to raised blood pressure and abnormal heart rhythms
- lack of physical activity – results in the heart muscle not being strengthened to support normal function
- smoking – increases risk of heart attack as it reduces the amount of oxygen reaching the heart and can damage the lining of the arteries
- family history – increased risk if the health issue is prevalent in the family
- diabetes – high blood sugar levels can affect artery walls and increase the risk of high cholesterol and blood pressure

All other valid responses will be given credit

Answers must refer to both dietary and lifestyle choices made in adulthood to access Level 3

[0] is awarded for a response not worthy of credit

Level 1 ([1]–[4])

Overall impression: basic

- shows limited knowledge and understanding of dietary and lifestyle choices contributing to cardiovascular disease (CVD)
- identifies and comments on a few obvious points relevant to the question
- a limited analysis applied in simple terms to the question
- quality of written communication is basic

Level 2 ([5]–[8])

Overall impression: competent

- shows good knowledge and understanding of dietary and lifestyle choices contributing to cardiovascular disease (CVD)
- identifies and comments on some key points relevant to the question
- a competent analysis applied accurately to the question
- quality of written communication is competent

Level 3 ([9]–[12])

Overall impression: highly competent

- shows excellent knowledge and understanding of dietary and lifestyle choices contributing to cardiovascular disease (CVD)
- identifies and comments on a range of key points relevant to the question
- a highly competent analysis applied accurately within the context of the question
- quality of written communication is highly competent

(1 × [12])

[12]

Total

**AVAILABLE
MARKS**

12

120