1.7 Health, Lifestyle and Drugs: 10-minute Pack

Calculator allowed · about 10 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 A teenager follows a diet that contains 70 g of protein per day. Explain why protein is important in the diet for repairing muscles after exercise. Give one example of a protein-rich food.

(2)

2 A class investigates the effect of regular exercise on resting heart rate. The class records resting heart rates of 10 pupils before and after a 6-week exercise programme. Suggest one variable they should control to make the test fair and explain why. Also give one practical improvement to reduce random variation in measurements.

(3)

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3 Which of these is NOT a nutrient required in the diet: A) Vitamins B) Minerals C) Alcohol D) Protein. Give a reason for your choice.

- [ ] A) Vitamins
- [ ] B) Minerals
- [ ] C) Alcohol
- [ ] D) Protein

4 Name two short-term effects of taking stimulant drugs (for example, caffeine or some illegal stimulants) on the body.

(2)

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Mark scheme · 1.7 Health, Lifestyle and Drugs: 10-minute Pack

Question 1

state that protein provides amino acids used to repair and build muscle tissue	M1
give an example of a protein-rich food (eg chicken, beans, eggs, tofu) cao	A1

Answer: **Protein supplies amino acids needed to repair and build muscle after exercise; example: chicken.**

Question 2

identify a control variable (eg measure resting heart rate at the same time of day, control caffeine or recent exercise, ensure pupils are rested)	M1
explain why controlling that variable is important (eg time of day affects heart rate; recent activity or caffeine raises heart rate)	M1
suggest a practical improvement to reduce random variation (eg take the average of three readings, use the same person to measure pulse, ensure quiet rest period before measuring) cao	A1

Answer: **Control time of day for measurements so circadian variation does not affect results; take the average of three readings to reduce random variation.**

Question 3

C cao	B1
brief reason (eg alcohol provides energy but is not an essential nutrient) oe	B1

Answer: **C) Alcohol**

Question 4

any one short-term effect: increased heart rate, increased blood pressure, increased alertness, reduced appetite, restlessness, oe	B1
a second short-term effect different from the first, oe	B1

Answer: **Increased heart rate; increased alertness.**

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