1.7 Health, Lifestyle and Drugs: 30-minute Pack

Calculator allowed · about 30 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Evaluate the statement: 'A balanced diet and regular exercise are enough to ensure good long-term health.' In your answer discuss at least two other lifestyle or environmental factors that affect health, give evidence or reasons, and reach a supported conclusion.

(6)

2 A nutritionist recommends an athlete increases carbohydrate intake before a long race. Explain why increasing carbohydrates before endurance exercise helps performance and give one practical example of a carbohydrate-rich meal.

(3)

3 A pack of cigarettes contains about 20 cigarettes. If a smoker smokes 15 cigarettes per day, estimate how many packs they buy in a 30-day month, and calculate the annual number of cigarettes smoked. Show your working.

(4)

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4 Which vitamin deficiency causes the disease scurvy? Choose one: A) Vitamin A B) Vitamin D C) Vitamin K D) Vitamin C

- [ ] A) Vitamin A
- [ ] B) Vitamin D
- [ ] C) Vitamin K
- [ ] D) Vitamin C

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5 Which nutrient is the main source of energy for cells? Choose one: A) Protein B) Carbohydrate C) Fibre D) Vitamin C

- [ ] A) Protein
- [ ] B) Carbohydrate
- [ ] C) Fibre
- [ ] D) Vitamin C

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6 A child does not get enough vitamin D or calcium in their diet. Name the deficiency disease that can result and describe one effect on the body.

(2)

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7 A snack bar provides 1 800 kJ of energy per 100 g. Ravi eats a 45 g bar. Calculate the energy, in kJ, that Ravi gets from the bar. Show your working.

(2)

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8 Explain the difference between a medicinal drug and a recreational drug. Give one example of each.

(4)

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9 Describe one way a balanced diet helps keep the body healthy.

(2)

10 Complete the sentence. Regular aerobic exercise mainly improves the health of the: A) digestive system B) circulatory system C) skeletal system D) excretory system

- [ ] A) digestive system
- [ ] B) circulatory system
- [ ] C) skeletal system
- [ ] D) excretory system

11 Smoking is known to harm the lungs and heart. Give one health risk linked to smoking and name the body system affected.

(1)

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Mark scheme · 1.7 Health, Lifestyle and Drugs: 30-minute Pack

Question 1

Level 3 Detailed evaluation: discusses at least two other factors (eg smoking, alcohol, genetics, mental health, socioeconomic factors, pollution), gives clear reasoning or evidence for how each affects health, considers limitations of diet and exercise alone, and reaches a well supported conclusion. **5-6**

Level 2 Some evaluation: discusses one or two other factors with some reasoning, recognises that diet and exercise help but may not be sufficient, and gives a simple conclusion. **3-4**

Level 1 Basic points: limited mention of another factor or a simple statement that diet and exercise help, with little or no reasoning and no clear conclusion. **1-2**

Indicative content:

- Other factors could include smoking, alcohol, drug use, genetics, mental health, access to healthcare, sleep, and pollution.
- Explain how smoking increases risk of respiratory and circulatory diseases; how alcohol can damage liver and brain and increase accident risk.
- Discuss socioeconomic factors and stress affecting diet choices and access to exercise.
- Mention that diet and exercise reduce risk of obesity, type 2 diabetes and heart disease but cannot remove genetic risks or exposure to pollutants.
- Make a reasoned conclusion that diet and exercise are important but not always sufficient for good long-term health; other factors must be managed too.

Question 2

state that carbohydrates are stored as glycogen in muscles and liver **M1**

explain that higher glycogen stores delay fatigue and provide energy during endurance exercise **M1**

give a practical example of a carbohydrate-rich meal (eg pasta with tomato sauce, rice and beans, porridge) cao **A1**

Answer: **Carbohydrates are stored as glycogen in muscles and liver; increasing them before a long race increases glycogen stores which delays fatigue and supplies energy during the race. Example meal: pasta with tomato sauce.**

Question 3

calculate packs per month: 15 x 30 = 450 cigarettes, 450 / 20 = 22.5 packs **M1**

state an appropriate rounded packs value or show decimal packs (eg 22.5 packs) **M1**

calculate annual cigarettes: 15 x 365 = 5475 **M1**

correct final annual cigarettes 5475 cao **A1**

Answer: **Packs per 30-day month = 450 / 20 = 22.5 packs; Annual cigarettes = 15 x 365 = 5475**

Question 4

D cao **B1**

Answer: **D) Vitamin C**

Question 5

B cao **B1**

Answer: **B) Carbohydrate**

Question 6

rickets **B1**

bones are soft or weak, or legs bend (bowed legs), or bones are painful or break easily, oe **B1**

Answer: **Rickets: the bones are soft and weak, so the legs may become bowed.**

Question 7

1 800 x 45 / 100, or 1 800 x 0.45, or 18 x 45 seen **M1**

810 kJ cao **A1**

Answer: **810 kJ.**

Question 8

medicinal drug: taken to treat, cure or prevent an illness, or to relieve symptoms, oe **B1**

example of a medicinal drug, e.g. paracetamol, ibuprofen, an antibiotic, insulin **B1**

recreational drug: taken for enjoyment or for its effect on mood or the body, not to treat an illness, oe **B1**

example of a recreational drug, e.g. alcohol, nicotine (in tobacco), cannabis, or caffeine taken for its stimulant effect **B1**

Answer: **A medicinal drug is taken to treat or prevent illness or relieve symptoms (for example paracetamol); a recreational drug is taken for enjoyment or its effect on mood, not to treat an illness (for example alcohol).**

Question 9

statement of a benefit (eg provides energy, supplies vitamins/minerals, supports growth and repair, maintains a healthy weight) **M1**

brief explanation linking the nutrient to health (eg carbohydrates give energy for activity; vitamins help immune system) cao **A1**

Answer: **A balanced diet provides energy from carbohydrates so we can be active and provides vitamins that help the immune system.**

Question 10

B cao **B1**

Answer: **B) circulatory system**

Question 11

any one of: lung cancer (respiratory system), chronic bronchitis or emphysema (respiratory system), increased risk of heart disease or stroke (circulatory system), oe **B1**

Answer: **Increased risk of lung cancer; respiratory system.**

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