

## **Past Paper questions – Nutrition**

**Describe the characteristics of a balanced diet.**

**six marks for six from:**

1. Eating the right amount (for energy expended) / the right amount of calories /eating according to how much you work/exercise.
2. Have an appropriate portion size/not too much or too little food
3. Eat breakfast
4. Sufficient water
5. Limit or non-use of alcohol
6. (Approx 50%) carbohydrates / carbs
7. Not too much sugar
8. Not too much salt
9. (About 30-35%) fats/not too many (saturated) fats
10. (About 15-20%) protein (needed for repair)
11. Fibre / roughage intake sufficient
12. Sufficient minerals
13. Sufficient vitamins
14. Plenty of fruit/vegetables/at least 5 a day / variety of foods / different food groups/Eat well plate/healthy eating plate.

**Over-eating and under-eating can both affect the performance of physical activities.**

**Explain how over-eating and under-eating can have negative effects when performing physical activities.**

**Six marks for six from: max of three marks for over-eating:**

1. Not fit enough/carrying too much weight to be involved in physical activities / excess fat / obesity / strain on heart/shortness of breath
2. Tiredness/lethargy/lack of motivation / feel sick or ill / cramps
3. Lack of mobility/speed
4. Related health issues such as diabetes / CHD etc may limit participation
5. Feeling of embarrassment/low self-esteem
6. The negative views of others
7. Increase likelihood of injury

**Max of three marks for under-eating:**

1. Lack of physical fitness / not enough weight to participate / fainting / lack of endurance
2. Illness / not receiving the right nutrients/vitamins / related health issues such as muscle wastage
3. Not enough energy/too tired/lethargic / will not be able to function properly /de-motivated/give up/lack of concentration / body works slower
4. Lack of strength/power / too weak
5. Easily injured/too delicate / fragile for many activities / weak bones
6. Feeling embarrassed / low self esteem
7. The negative views of others

**Which one of the following is an essential component of a healthy diet?**

- (a)** Pasta
- (b)** Fish
- (c)** Water
- (d)** Bread

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Which one of these foods is high in carbohydrates?

- (a) Fish.
- (b) Bananas.
- (c) Meat.
- (d) Eggs.

Which one of the following is the best description of a balanced diet?

- (a) A balance between what people eat and the energy they use.
- (b) A balance of different types of protein.
- (c) A balance between what people eat and what they drink.
- (d) A balance between fruit and vegetables.

Explain how under-eating affects performance **and** participation in physical activity?

Describe the main benefits of a healthy, active lifestyle.

Which one of the following is an example of a performance-enhancing drug?

- (a) Steroid
- (b) Alcohol
- (c) Carbohydrate
- (d) Paracetamol

Which of the following is **not** a characteristic of a balanced, healthy lifestyle?

- (a) Exercising regularly
- (b) Drinking water regularly
- (c) Only drinking 5 units of alcohol per day
- (d) Eating plenty of fruit and vegetables

Identify **four** reasons why it is important to follow an active, healthy lifestyle?

What are the negative effects on health of illegal blood doping?

Giving an example, explain why carbohydrates are so important for those who participate in an active, healthy lifestyle?

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8 Which one of the following pairs shows two good examples of characteristics of a balanced, healthy lifestyle?

- (a) Non-smoking and non-active.
- (b) Nutritional diet and regular water drinking.
- (c) Non-alcohol and low-protein diet.
- (d) Physically active and smoking only a limited number of cigarettes. [1]

Explain how minerals and vitamins contribute to our health? (4)

### *VITAMINS:*

- *Prevent infections / illness*
- *Help to produce energy*
- *Helps with metabolism*

### *MINERALS:*

- *Needed for strong / healthy bones*
- *Essential for blood / helps carry oxygen*
- *Essential for effective growth*

What are the negative effects on health of illegal blood doping (3)

- *Injection site / risk of AIDS*
- *Increase in blood pressure*
- *Heart problems*
- *Kidney problems*

Giving an example, explain why carbohydrates are so important for those who participate in an active, healthy lifestyle (3)

- *Provides energy release*
- *Used as a fuel for cell respiration*
- *Carbo loading*

19) Explain the effects of under eating on performance and participation in physical activity (4)

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- 1 Causes muscle weakness/harder to do things
- 2 Performance/speed/stamina/participation decreases or example of this decrease
- 3 Loss/lack of energy available/tiredness/low blood sugar/dizziness/nausea/faint
- 4 Causes **weight loss** that may decrease strength/mobility/power
- 5 May feel embarrassed/low self esteem
- 6 More illness/disease
- 7 Not having a healthy diet/loss of vitamins/minerals
- 8 Slows growth and development/weaker bones/more prone to injury
- 9 Slows recovery after exercise/after illness
- 10 Loss of motivation/lethargy/not alert/slow reactions

19) Performance enhancing drugs are used by some performers to try and gain an advantage over their opponents. Describe the effects of performance enhancing drugs on the performer. (4)

### **Four marks for four from:**

#### **(Positive effects)**

1. Can increase levels of performance/play better
2. More strength/builds muscle
3. Have more energy/can last longer/recover faster/more stamina/train at greater intensity/be fitter
4. Mask injury/can endure injury/pain better
5. Increased speed/power
6. Increase in red blood cells/increase in O<sub>2</sub> availability
7. Reduce weight
8. Control anxiety/calms/relaxes
9. Lowers heart rate
10. Speeds reactions/more alert/better concentration
11. Increases confidence

#### **(Negative effects)**

1. Withdrawal symptoms if you stop
2. High blood pressure
3. Skin problems/acne
4. More aggression/rage
5. Addiction/you can't help but take them/a habit
6. Anxiety/depression/lower self-esteem
7. Can lead to being banned/fined/disqualified
8. Labelled as a cheat by others/others have low opinion of you
9. Can affect gender characteristics/males get female characteristics/females get male characteristics
10. Heart disease/blood clots/kidney/internal organ damage/poor health/die
11. Infections/AIDS
12. Infertility
13. Dehydration
14. leads to more injury

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15. *Lack of concentration/slower reactions*

25) Describe the main characteristics of a balanced, healthy lifestyle. (6)

**Indicative content** – *(Describe the main characteristics of a balanced, healthy lifestyle)*

1. *Active/regular exercise (better candidates will give values and best according to age/abilities)/able to do everyday tasks/fitness/feel energised*
2. *Healthy/lack of illness/balanced diet (better candidates will give components/positive-negative energy balance)*
3. *Hydration/regular water intake (better candidates will state how much and when according to the task/s)*
4. *Limited/non-use of alcohol (better candidates will give details about units per day)*
5. *No smoking*
6. *No (illegal)drug taking*
7. *Feeling good about yourself/high self-esteem*
8. *Being optimistic/cheerful/good outlook on life/satisfied with life/enjoyment/happiness*
9. *Lack of stress/minimises stress/anxiety/work – life balance*
10. *Helping others/having good or positive relationships/having friends/a balanced social life*
11. *Working hard/having a purpose/a focus in life*
12. *(Regular) access to green space/good/healthy environment*
13. *Get enough/right amount of sleep*
14. *Having appropriate BMI/weight*