

# Q1

If an individual is unable to exercise for an extended period of time **how** should they change their diet, and **why**? (2 marks)

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# Q2

Diet and rest are two important factors to consider when planning for a healthy, active lifestyle. How may diet and rest influence personal health?

(i) Diet (1 mark)

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(ii) Rest (1 mark)

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# Q3

As part of a school's focus on healthy living, Year 10 students were asked to keep a log of all the food they ate over a one-week period.

Figure 2 is an extract from a student's log.

	Breakfast	Lunch	Dinner	Snacks	Drinks
Monday	None	Burger and chips	Egg and chips	Chocolate bars x 2	1 litre water 1 litre coke
Tuesday	Cereal	Tuna sandwich from home	Chicken, potatoes, peas	Crisps	1 litre water

(a) Which of the two days, Monday or Tuesday, provided a more balanced diet? (1 mark)

(b) Explain the requirements of a balanced diet. (4 marks)

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Your personal health and wellbeing