

Q1

1. reduce calorie intake/reduce amount eaten/eat fewer fats/equiv
2. as they will be expending less energy/not burning as many calories /do not want to gain weight/not doing as much activity/equiv

Q2 (i)

THIS QUESTION IS ABOUT HEALTH – NOT EXERCISE.

1. Accept specific comment e.g. Eat too much become overweight / places strain on vital organs/equiv
2. E.g. Don't eat enough become anorexic/equiv
3. E.g. Eating wrong diet can cause health problems, e.g. heart attack

Do not accept eat right nutrients for exercise / energy / protein for recovery / must be a healthy diet / not diet as in dieting.

Do not accept one-word answers

Q2 (ii)

Allows recovery / less prone to illness/injury / mental health issues / stress / exhaustion / equiv

Accept reverse, i.e. insufficient time for recovery/more prone to illness / mental health issues / stress / exhaustion / equiv

Q3 (a)

Tuesday - Do not accept any other answer

Q3 (b)

An explanation that makes reference to any four of the following:

1. Balanced diet should include macronutrients; micronutrients; water and fibre
OR Balanced diet should include fats; carbohydrates; proteins; vitamins; minerals; water; fibre
(1 mark)

2. Correct proportions of macronutrients and micronutrients OR Optimal ratio of nutrients OR Correct amounts of nutrients
(1 mark)

3. Macronutrients for energy OR Fats OR Carbohydrates for energy OR Protein for growth and repair
(1 mark)

4. Micronutrients for maintaining body health OR Vitamins OR Minerals for maintaining body health
(1 mark)

5. Water to avoid dehydration OR Fibre to aid/help digestion
(1 mark)

Do not accept

carbs in place of carbohydrates

Healthy mix

fluid or liquid