

# 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)  
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2. Correct proportions of macronutrients and micronutrients OR Optimal ratio of nutrients OR Correct amounts of nutrients  
(1 mark)  
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3. Macronutrients for energy OR Fats OR Carbohydrates for energy OR Protein for growth and repair  
(1 mark)  
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4. Micronutrients for maintaining body health OR Vitamins OR Minerals for maintaining body health  
(1 mark)  
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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*