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ST ANDREW'S JUNIOR COLLEGE
JC2 Preliminary Examination 2026



Name: _____ ()

Civics Group: _____

GENERAL PAPER

8881/02

Paper 2

1 September 2026

INSERT

1 hour 30 minutes

READ THESE INSTRUCTIONS FIRST

This Insert contains the passages for Paper 2.

Passage 1. *An author examines the disadvantages of modern attitudes towards food, diet, and health.*

- 1 Food has become one of the most discussed aspects of contemporary life. Supermarkets, online retailers, and meal delivery apps overflow with products promising immunity, longevity or enhanced mental clarity, while social media amplifies advice from nutritionists, influencers, celebrity chefs, and self-proclaimed experts. In theory, people today have more knowledge about what they eat than ever before. In practice, this abundance of information has complicated rather than simplified our relationship with food, making it difficult to eat without anxiety, self-reproach, or constant second-guessing. The rise of global food trends — from veganism to intermittent fasting — means that even people in remote or traditional communities are now exposed to pressures that were previously limited to urban centres. 5
- 2 Eating is no longer a simple act governed by habit or tradition. It is now a sequence of conscious decisions requiring constant vigilance. Consumers are expected to recognise ingredient lists, calculate nutritional values, and assess the long-term consequences of their dietary choices. Even a routine meal can feel like a test of discipline and knowledge. The pressure to “eat correctly” transforms food from a source of pleasure into a potential source of stress, guilt and moral judgement. Conflicting advice online forces people to second-guess choices that might once have been routine, amplifying anxiety and self-doubt. For example, a simple breakfast of eggs and toast may be scrutinised differently by advocates of high-protein diets, low-carb trends, or heart-healthy recommendations, leaving the eater uncertain of which guideline to follow. 15
- 3 This pressure is intensified by the way health is framed as a personal responsibility. Public discourse increasingly suggests that illness is the result of individual failure rather than structural conditions. Poor diet is presented as a moral flaw, while good health is portrayed as a reward for making the right choices. Consequently, when individuals fall ill, the implicit question is not “What circumstances contributed to this condition?” but “What did you do wrong?” This framing imposes psychological strain, generating unnecessary feelings of inadequacy and amplifying stress related to everyday eating decisions. Individuals may feel they have failed even when consuming organic, locally sourced, and nutritionally balanced meals, because global media often highlights ‘perfect’ diets that are unrealistic for most households. 20
- 4 Modern life adds further complications. Economic pressures play a significant role in shaping dietary habits, as they influence access to healthy food across different social groups. People in large cities may have access to boutique supermarkets, meal kit subscriptions, or artisanal health foods, whereas those in rural or economically disadvantaged regions face limited options and higher prices for fresh produce. Nevertheless, individuals are repeatedly encouraged to believe that, with sufficient willpower and information, perfect health is attainable. The gap between expectation and reality leaves many feeling overwhelmed, anxious, and prone to abandoning their dietary goals altogether. Even those motivated to make healthier choices can feel discouraged when outcomes fail to match effort, creating frustration that can undermine mental wellbeing. 30
- 5 By contrast, earlier generations faced far fewer choices. Diets were largely shaped by routine, season, and culture, which limited variety but also removed the burden of constant decision-making. Meals were predictable, often communal, and framed within social norms, creating stability and reducing stress. Today, freed from such constraints, people are expected to curate their diets continually, adjusting them in response to trends, social media advice and new research findings. This freedom, rather than being liberating, can create confusion, decision fatigue, and a chronic sense of inadequacy, suggesting that unlimited choice may not always equate to better health outcomes. 40
- 6 The result is often extreme behaviour. Some adopt rigid dietary rules, eliminating entire food groups in pursuit of control, while others abandon careful decision-making altogether when the effort becomes overwhelming. In both cases, eating becomes emotionally charged, associated with guilt, fear or self-reproach rather than nourishment. There may, therefore, be an unrecognised benefit in having certain decisions made for us, through clear guidelines, cultural norms, or institutional frameworks. Let’s be real. If we have to decide everything for ourselves, whom shall we blame if things go wrong? 50

Passage 2. *Another author argues that increased dietary choice has improved people's lives.*

- 1 Food choices have liberated people from the narrow, uniform diets of their ancestors. No longer confined to what could be grown locally or preserved seasonally, individuals today can access a vast array of foods from around the world, from quinoa in South America to exotic fruits from Southeast Asia. This diversity has transformed eating into an expression of personal identity and creativity rather than mere necessity. It has also allowed people to explore and celebrate cultural cuisines previously unavailable to them, such as Mediterranean, Japanese, or Middle Eastern diets, enriching social and family life through shared culinary experiences. 5
- 2 Choice has enabled individuals to take control of their health. Those with allergies, intolerances, or medical conditions can now tailor diets precisely to their needs, something that was rarely possible in the past. Advances in nutritional science provide consumers with tools to question inherited habits and replace them with more informed practices. Athletes, for instance, can structure meals for performance, while people with diabetes or heart conditions can follow personalised diets supported by apps and monitoring devices. The availability of research empowers people to make informed decisions, fostering autonomy and self-care. 10
- 3 Moreover, dietary choice supports ethical and environmental awareness. Consumers can select foods aligned with their values regarding animal welfare, sustainability, and climate impact. For example, choosing plant-based substitutes, fair-trade products, or sustainably farmed fish allows people to align personal health with social responsibility. Eating becomes not just a personal act but a meaningful contribution to broader societal goals. While navigating these options requires effort, it also reflects trust in people's capacity to manage their lives responsibly, reinforcing the sense of agency that many contemporary health narratives celebrate. 15 20
- 4 Finally, the expansion of dietary options encourages innovation. Food technology has produced alternatives that reduce sugar, salt, and fat without sacrificing convenience, while plant-based, fortified, or lab-grown products offer viable substitutes for traditional diets. This has benefits for public health campaigns, addressing urban populations that have limited access to fresh produce, and global efforts to reduce the environmental footprint of meat consumption. These developments suggest that choice, when combined with knowledge, can improve both individual health and collective wellbeing, providing flexibility for diverse lifestyles and needs. 25

Passage 3. *A journalist discusses the limits of dietary choice.*

- 1 The global food system has created a strange paradox of choice. In rural areas, producers are often physically surrounded by the whole foods they grow, yet they remain separated from them as the best yields are exported to satisfy distant urban demand. Meanwhile, within those same cities, an abundance of fresh produce sits on shelves while remaining out of reach for the urban poor, for whom highly processed, calorie-dense foods are the only feasible option. These barriers now limit dietary freedom just as strictly as the narrow confines of geography that once governed the lives of our ancestors. 5
- 2 The current abundance of nutritional data is an undeniable achievement of the modern era, providing consumers with unprecedented tools for self-care. This transparency allows individuals to move beyond inherited habits, enabling them to make informed choices that align with their needs and personal values. Be that as it may, even among affluent consumers, for whom data is most accessible, the sheer volume of advice can slide into a state of overwhelming complexity. Studies indicate that a constant stream of conflicting global reports can increase cognitive load and uncertainty. This can be a burden that drives individuals toward finding familiar comfort in the reliable convenience of processed foods. 10 15
- 3 Children are particularly vulnerable to the effects of unrestricted choice. Without consistent guidance, young people struggle to form stable eating habits, increasing the likelihood of long-term health problems. Structured meal programmes, education, and supportive guidance are often more effective than relying solely on personal autonomy. Evidence from school meal initiatives in countries such as Japan, Finland and Chile suggests that consistent nutrition policies, combined with educational efforts, improve lifelong health outcomes more effectively than leaving children to navigate dietary freedom alone. These findings suggest that, while choice has value, it cannot function in isolation. Social responsibility, clear guidance, and systemic support remain essential if dietary freedom is to translate into genuine health benefits. 20

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GENERAL PAPER

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Paper 2

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ANSWER BOOKLET

1 hour 30 minutes

READ THESE INSTRUCTIONS FIRST

Write your name, Civics Group and register number on all the work you hand in.
Write in dark blue or black pen on both sides of the paper.
Do not use staples, paper clips, highlighters, glue or correction fluid/tape.

Answer **all** questions.

The Insert contains the passages for comprehension.

(Note that 15 marks out of 50 will be awarded for your use of language.)

At the end of the examination, fasten all your work securely together.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Content	/35
Language	/15
Total	/50

Answer **all** questions.

Your answers should be:

- written in **your own words as far as possible**. Where you select the appropriate material from the passage for your answer, you must still use your own words to express it.
- written in **continuous prose**.

From Passage 1

- 1 Explain the author's use of the word 'even' (line 8).

For
Examiner's
Use

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.....[2]

- 2 From paragraph 2, what **two** contrasts does the author make between eating in the past and eating today?

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.....[2]

- 3 Why does the author use inverted commas for 'perfect' (line 26)?

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.....

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.....[2]

- 4 Identify **three** ways in which 'modern life adds further complications' (line 28).

*For
Examiner's
Use*

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.....[3]

- 5 Why does the author end the passage with the question in lines 50 – 51?

.....

.....[1]

[8]

From all the passages

- 7** Passage 1 states that ‘economic pressures play a significant role in shaping dietary habits’ (lines 28 – 29).

*For
Examiner's
Use*

Identify **two** specific ideas from Passage 3 which can be used to support this statement. Justify your answer.

.....

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.....

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.....[3]

- 8** Passage 2 states that the ‘availability of research empowers people to make informed decisions, fostering autonomy and self-care’ (lines 13 – 14).

Identify **one** specific idea from Passage 3 which can be used to undermine this statement. Justify your answer.

.....

.....

.....

.....[2]

How far do you agree that making dietary choices is more challenging today?

- the ideas and opinions from **at least** one of the reading passages
- examples drawn from your own experience and that of your society.

[illegible]

2026 JC2 Preliminary Exam P2 – Suggested Answers

SAQS (10m)

Q1: Explain the author's use of the word 'even' (line 8). [2]

From the passage	Inferred/Paraphrased
The rise of global food trends — from veganism to intermittent fasting — means that even people in remote or traditional communities are now exposed to pressures that were previously limited to urban centres. (lines 7 – 9)	The author uses the word ' <u>even</u> ' to... A [Function / Purpose]: emphasise the extent/ how widespread to which diet fads (necessary context) are [1] B [Context]: such that the most rural / isolated or culturally-rooted societies have also experienced the sweeping changes in dietary habits that used to be confined to metropolitan cities [1]

Marker's comments:

Stronger scripts were able to accurately present their response in a succinct manner e.g. emphasises how widespread food trends are such that the most distant communities are also not spared.

Q2: From paragraph 2, what **two** contrasts does the author make between eating in the past and eating today? [2]

From the passage	Paraphrased
Eating is [A] no longer a simple act governed by habit or tradition. It is now a sequence of conscious decisions requiring constant vigilance. Consumers are expected to recognise ingredient lists, calculate nutritional values, and assess the long-term consequences of their dietary choices. Even a routine meal can feel like a test of discipline and knowledge. [B] The pressure to "eat correctly" transforms food from a source of pleasure into a potential source of stress, guilt and moral judgment. Conflicting advice online forces people to second-guess choices that might once have been routine, amplifying anxiety and self-doubt. (lines 10 – 16)	A [Straightforward vs must think the decision through]: Eating used to be (A1) straightforward/ fuss-free // based on established practices/ customs /decided for us , but today it is (A2) complex / involves persistent care and thought. [1] B [Pleasure vs stress/guilt/moral judgment]: Eating used to be about (B1) enjoyment , but today it can cause us (B2) to be shamed/ pressured/ feel internally conflicted. [1] <i>Do not accept different pairs from the above eg A1 and B2</i> <i>1 pair = 1m</i>

Marker's comments:

Stronger scripts used effective signposting to clearly mark out the contrasts in the pairing. Good answers were able to effectively pick out the key points without going into needless details.

Q3: Why does the author use inverted commas for 'perfect' (line 26)? [2]

From the passage	Inferred/Paraphrased
Individuals may feel they have failed even when consuming organic, locally sourced, and nutritionally balanced meals, because global media often highlights 'perfect' diets that are unrealistic for most households. (lines 25 – 27)	A [Function / Purpose]: The author is disagreeing/does not believe with the general opinion that there are optimal food choices / ways to eat. [1] B [Context]: Instead the author believes that there is no truly ideal way to eat that does not have downsides. [1] OR [Context]: these habits / choices are not truly viable and accessible to the vast majority//the average households. [1] <i>Do not accept sarcasm / irony / doubtful / skeptical.</i>

Marker's comments:

Stronger scripts presented both the function and the context accurately by realising why these diet suggestions were unachievable for the majority of individuals.

Q4: Identify **three** ways in which 'modern life adds further complications' (line 28). [3]

From the passage	Paraphrased
Modern life adds further complications. [A] Economic pressures play a significant role in shaping dietary habits, as they influence access to healthy food across different social groups. [B] People in large cities may have access to boutique supermarkets, meal kit subscriptions, or artisanal health foods, whereas those in rural or economically disadvantaged regions face limited options and higher prices for fresh produce. [C] Nevertheless, individuals are repeatedly encouraged to believe that with sufficient willpower and information, perfect health is attainable. [D] The gap between expectation and reality leaves many feeling overwhelmed, anxious, and prone to abandoning their dietary goals altogether. Even those motivated to make healthier choices can feel discouraged when outcomes fail to match effort, creating frustration that can undermine mental well-being . (Para 4)	He means that modern life A [Economic point]: can place financial / monetary / pecuniary limitations on the ability to eat wholesome foods. [1] B [Geographical point]: (paraphrased) Those in less developed regions do not have the same access to nutritious/unprocessed/whole foods as developed regions// (inferred) Where one stays determines the availability of//access to healthier//better quality foods [1] C [Social point]: People are constantly influenced / persuaded to think that they can reach good health, as long as they are determined enough, and have the right information. [1] D [point about the gap between expectation and reality]: There is a disconnect between what people think they can do for good health, and what they actually can do, causing stress/angst//when results

	of diet changes do not match the hard work, people feel stress/angst. [1] <i>Do not accept ideas from lines 40-44 as they are meant as a contrast for fewer choices today by the author, not as a modern complication.</i> <i>Any 3 for 3m</i>
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Marker's comments:

Stronger scripts systematically and comprehensively paraphrased ideas. Strong scripts distilled the crux of point B which was geographical differences affecting diet choices. Likewise, the stronger students accurately captured for Point C, the idea of 'constant repetition'

Q5: Why does the author end the passage with the question in lines 50-51? [1]

From the passage	Inferred
If we have to decide everything for ourselves, whom shall we blame if things go wrong?	A [Function / Purpose]: To reinforce the main idea // provoke readers to think / reflect to make readers realise <i>Need to reflect purpose/introspection correctly; it is not about giving food for thought (which is more passive); answer has to prompt action</i> <i>Do not accept full circle effect; cannot simply list the technique (offers a question) but need to explain the function (makes us realise)</i> B [Context]: the irrationality//burden of <u>making good health choices</u> on our own OR the extent to which we are responsible for the <u>state of our own health/ modern day food choices are overwhelming</u> <i>Contexts (underlined) are needed and should be correctly reflected. Any reasonable context drawn that are different from the provided ones can be accepted, as long as they are accurate.</i> <i>Need both A and B for 1m.</i>

Marker's comments:

Stronger scripts successfully understood authorial intention and correctly understood the author's meaning and point being made.

CCQs (5m)

Q7: Passage 1 states that 'economic pressures play a significant role in shaping dietary habits' (lines 28 – 29).

Identify **two** specific ideas from Passage 3 which can be used to **support** this statement. Justify your answer. [3m]

Suggested Answers	
Specific ideas: (i) “In rural areas, producers are often physically surrounded by the whole foods they grow, yet they remain separated from them as the best yields are exported to satisfy distant urban demand.” (lines 1 – 3) (ii) “Meanwhile, within those same cities, an abundance of fresh produce sits on shelves while remaining out of reach for the urban poor, for whom highly processed, calorie-dense foods are the only feasible option.” (lines 3 – 5)	Paraphrase Passage 3 paragraph X states that... i) Organic and unprocessed food is traded away from / sold by rural communities to feed those in cities. [1] AND ii) Even in <u>cities</u>, those in poverty cannot afford to purchase them due to the high costs. [1]
Justification These support the statement because both ideas show that financial considerations limit access to healthy food OR These support the statement because, regardless of whether they are living in rural or urban areas, it is their ability to pay that determines their access to healthy food. OR These reinforce the idea that diet is not solely a matter of personal choice but is shaped by financial constraints. OR Both support the idea from Passage 1 in that livelihoods and survival enabled by the sales are more important short-term goals for those in need <i>Don't accept “poor cannot afford the cost of better food choices” – assumption that rural producers are poor</i> Accept other wording as long as the justification is valid in relation to the correctly identified specific point.	

Marker's comments:

Stronger scripts tended to have clear signposting and concise paraphrases of the key ideas - exporting the best crops from farms to cities and limiting what the rural community has access to as well as the affordability issue. Stronger scripts were able to synthesise the key idea that gets both examples together - that financial considerations (whether it is being poor or making a business decision - impacted the choices people made.

Q8: Passage 2 states that 'the availability of research empowers people to make informed decisions, fostering autonomy and self-care' (lines 13 – 14).

Identify **one** specific idea from Passage 3 which can be used to **undermine** this statement. Justify your answer. [2m]

Suggested Answers	
Specific idea(s): (i) "Be that as it may, even among affluent consumers, for whom data is most accessible, the sheer volume of advice can slide into a state of overwhelming complexity ." (lines 11 – 12) OR "Studies indicate that a constant stream of conflicting global reports can increase cognitive load and uncertainty ." (lines 13 – 14) (ii) " Structured meal programmes, education, and supportive guidance are often more effective than relying solely on personal autonomy ." (lines 18 – 19)	Paraphrase Passage 3 paragraph X states that... i) Too much information can confuse//increases mental burden people and make it harder//highly challenging for them to make good dietary choices. [1] OR ii) People make better dietary choices when given instruction , rather than being left to decide independently . [1]
Justification i) This undermines the statement because <u>presence of that many options</u> gives the illusion that there is an "optimum" or "correct" choice out there//clear principles on how to decide on what we eat . OR This undermines the statement because people now are worried about their personal blind spots/ are constantly concerned//sense of loss//sense of helplessness that there is something they are missing out on something, <u>with the bombardment of new information online.</u> ii) This undermines the statement because, with <u>the deluge of information</u> , guidance is helpful//needed/required to even make a decision/facilitate decision-making. Accept other wording as long as the justification is valid in relation to the correctly identified specific points. <i>Justification should explain how the identified idea supports the statement; it should offer a reason beyond just repeating the identified idea.</i>	

Marker's comments:

Stronger scripts were able to explain the links between a large amount of information and the confusion it can cause, or could explain how the need for external guidance reflects increased difficulty of making independent decisions.

Summary Question (8m)

Q6: Summarise the benefits of the increase in dietary choice. Write your summary in no more than 120 words. [8]

Point	Lift	Paraphrase	Main idea
1	Food choices have liberated people from the narrow, uniform diets of their ancestors. No longer confined to what could be grown locally or preserved seasonally, individuals today can access a vast array of foods from around the world... (lines 1 – 3) OR to explore... <u>cultural cuisines</u> (line 5) OR providing flexibility for diverse lifestyles and needs . (line 28)	Dietary choices today have allowed a much wider variety of food options for consumers. OR discover foods of different societies	Widened//array of choices
2	This diversity has transformed eating into an expression of personal identity and creativity rather than mere necessity (lines 4 – 5)	They allow for individuals to make a statement about who they are / demonstrate their uniqueness / individuality <i>Do not accept "a show of innovations"</i>	Expression of individuality/ creativity
3	It has also allowed people to... celebrate <u>cultural cuisines</u> previously unavailable to them... (lines 5 – 6)	...letting them have the opportunity to honour//appreciate//indulge in the foods of other cultures that they never knew from before. <i>Can lift 'cultural/culture', 'cuisines'</i> <i>Do not accept "can choose other cultural foods"</i>	Celebrate cultural cuisines
4	enriching social and family life through shared culinary experiences. (line 7)	The interactions over food// communal experiences with food deepen//build relationships with others as well as at home.	Sharing food deepens relationships
5	Choice has enabled individuals to take control of their health. (line 8) OR ...fostering autonomy and self-care . (line 14) OR	People can now have ownership/independent capacity to take charge of their wellbeing. OR Allowing people to take care of themselves well	Having control/agency over health/taking care of one's health

	While navigating these options requires effort, it also reflects trust in people's capacity to manage their lives responsibly, reinforcing the sense of agency that many contemporary health narratives celebrate. (lines 19 – 21)		
6	<u>Those with allergies, intolerances, or medical conditions</u> can now tailor diets precisely to their needs, something that was rarely possible in the past. (lines 8 – 9)	People with health conditions [context] can customise what they eat// avoid foods they cannot eat with accuracy//care <i>Can lift context of allergies...medical conditions – context must be given</i>	Tailored diets to meet needs of medical conditions
7	Advances in <u>nutritional science</u> provide consumers with tools to question inherited habits and replace them with more informed practices. (lines 10 – 11) OR The availability of <u>research</u> empowers people to make informed decisions ... (lines 13 – 14) OR Athletes, for instance, can structure meals for performance, while people with diabetes or heart conditions can follow personalised diets supported by apps and monitoring devices . (lines 11 – 13)	Scientific <u>research/development/knowledge</u> [context] give consumers the needed facts//educate consumers to make better//educated/rational choices <i>Context of science/research/digital tools or at least just “knowledge” must be given. Can accept “thinking more about food choices as a result of having more knowledge”</i> OR [Inferred] Whether for sports or health <u>needs</u> , individuals can tap on digital tools to guide them in designing their diets. <i>Note: Can lift ‘athletes’, ‘heart conditions’</i>	Advances in science aid people with informed practices or tools
8	Moreover, dietary choice supports ethical and environmental awareness . Consumers can select foods aligned with their values regarding animal welfare, sustainability, and climate impact. (lines 15 – 16)	What one chooses to eat can reflect their convictions/concerns with regard to morals and sustainability	Ethical and environmental awareness / values-driven choices
9	Eating becomes not just a personal act but a meaningful contribution to broader societal goals . (lines 18 – 19)	What one chooses to eat can be a committed act towards bigger collective aims	Contribution to broader social goals
10	Finally, the <u>expansion of dietary options</u> encourages innovation . (line 22)	Lastly, the food and beverage industry is inspired to do more research and development . <i>Can accept as long as point is in relation to F&B R&D eg “food product creation”</i>	Innovation of foods
11	Food technology has produced alternatives that reduce sugar, salt, and fat without sacrificing convenience ... (lines 22 – 23)	...such that we can have healthier options without foregoing of ease/accessibility .	No sacrifice of convenience

12	while plant-based, fortified, or lab-grown products offer viable substitutes for <u>traditional diets</u> . (lines 23 – 24)	Today, science has also uncovered... ... feasible replacements for <u>culture-based diets//diets from the past</u> . <i>Need the context of traditional diets</i>	Viable substitutes for traditional diets
13	This has benefits for public health campaigns , addressing urban populations that have limited access to fresh produce ... (lines 24 – 25)	Such trends have helped nationwide advocacy efforts dealing with urban populations who have difficulties attaining quality nutrition	Campaigns for the populations that have limited access to fresh produce
14	and <u>global efforts</u> to reduce the environmental footprint of meat consumption. (line 27)	...and support <u>international/worldwide initiatives</u> fighting against the ecological impact from eating meat.	Reduce the environmental footprint of meat consumption

Marks	0	1	2	3	4	5	6	7	8
No of points identified	0	1-2	3-4	5	6	7	8	9	10+

Sample Summary:

Benefits of the increase in dietary choice today include the **wide array of options** people have today. This allows us to **demonstrate our uniqueness**. We can also **honour the different diets from traditions outside of our knowledge, deepening relationships** with others as well as at home. People can now have **independent capacity to take charge of their wellbeing, customising what they eat with care**. Whether for sports or health needs, individuals can now **tap on digital tools to guide them** in designing their diets. Lastly, the food and beverage industry is **inspired to do more research and development**, resulting in healthier options **without us having to forego ease of access**, while **enjoying feasible replacements** for culture-based diets. (10pts, 117 words)

Marker's comments:

Stronger scripts presented their answers concisely and were able to avoid repeating ideas in their response.

Application Question (12m)

Q9: The reading passages cover a range of views about modern dietary choices.

How far do you agree that **making dietary choices is more challenging** today? [12]

Support your answer with reference to:

- The ideas and opinions from at least one of the reading passages
- Examples drawn from your own experience and that of your society.

AQ Suggested Answers

REQUIREMENTS. Candidates should:

- Explain the extent to which making diet choices has become **more** challenging. It is not just about agreeing or disagreeing with the views of the authors.
- Support their views with reasoned argument
- Show understanding of the ideas and attitudes in the passages
- Explain the extent of their agreement with them

EXPLANATION. Candidates should show understanding of some of the following issues in SG context:

Key Issues / Concepts	Guiding questions
Liberation through choice (Greater freedom) vs burden of choice (greater complexity) <i>(Concept: Change / Tension)</i>	Does increased dietary choice represent genuine progress, or has it complicated our relationship with food? <i>(P1 para 1, 2, 5 vs P2 para 1, 2)</i> Does greater freedom necessarily improve well-being (empowering), or can too many options create confusion and anxiety (overwhelming)? <i>(P1 para 5 vs P3 para 2)</i>
Autonomy to choose healthier options (individual control) vs limited choices (structural limitations) <i>(Concept: Power & Privilege / Discrepancy)</i>	How realistic is access to healthier options for everyone? <i>(P1 para 4; P3 para 1)</i> Does society overestimate individual control over health outcomes while ignoring structural inequalities? <i>(P1 para 3 vs P2 para 2)</i> Who truly benefits from expanded food choices: everyone, or mainly the socially and economically privileged? <i>(P1 para 4; P3 para 1)</i> Can unrestricted freedom in dietary choices produce desirable outcomes, especially for vulnerable groups? Do people benefit from having decisions made for them? <i>(P1 para 6 vs P3 para 3)</i>
Individual freedom vs guidance and control <i>(Concept: Power / Conflict)</i>	Do clearer guidelines and structured frameworks reduce the difficulty of making dietary decisions? <i>(P3 para 3 vs. P1 para 6)</i> How much intervention should institutions (MOH/HPB/schools) have in shaping dietary habits? <i>(P3 para 3)</i>
Personal responsibility vs societal responsibility	Should individuals be held responsible for their health outcomes, or do governments and institutions share responsibility? <i>(P1 para 3 vs P3 para 3)</i>

Key Issues / Concepts	Guiding questions
(Concept: Conflict / Power)	Are poor diets primarily a matter of personal discipline or affordability/accessibility etc.? (P1 para 3,4 vs P3 para 1,3)
Authentic self-care (health as wellbeing) vs performative health culture (health as pressure) (Concept: Discrepancy)	How far are modern diet trends genuinely motivated by health improvement, or driven by social pressures and image-consciousness? (P1 para 1, 2, 6 vs P2 para 2) Has eating become less about nourishment and more about signaling values, identity or status(cost)? E.g. eating ugly food / lab meat / organic produce (P1 para 2,3 vs P2 para 1,3) Does increased health awareness produce meaningful change or merely intensify guilt and self-surveillance? (P1 para 2,3 vs P3 para 2)
Knowledge abundance vs information overload (Concept: Tension / Discrepancy)	Does having more nutritional information necessarily lead to better decisions? (P2 para 2 vs P1 para 2; P3 para 2) At what point does information stop empowering and begin to overwhelm? (P1 para 2 vs P3 para 2) Can excessive exposure to competing advice undermine confidence in making choices?
Tradition and stability vs innovation and progress (Concept: Change)	Have modern food systems improved on traditional diets, or have they lost something valuable? (P1 para 5 vs P2 para 1,4) Does innovation necessarily translate into better health outcomes? (P2 para 4 vs P1 para 5,6) How true is it to say that the predictability of traditional eating patterns is more beneficial than modern flexibility?

Marker's comments:

GP Paper 2 – AQ Feedback

A strong AQ was therefore not the one with the most points. It was the one that developed the most relevant points convincingly.

Stronger scripts

Stronger scripts demonstrated a clear understanding of what the question was asking and developed their ideas through explanation, evaluation and relevant illustration.

Question Focus and Conceptual Understanding

Stronger scripts generally:

- *Maintained sustained focus on the exact question, particularly the phrase “more challenging today”. They did not simply discuss whether food today was healthier or unhealthier. Instead, they considered whether the process of making dietary choices had become more difficult.*
- *Compared the present with the past, explaining what had changed in the modern food environment and why those changes affected decision-making.*

- *Showed clear conceptual understanding of the tensions raised by the passages, such as:*
 - *greater freedom of choice vs. the burden of choice;*
 - *individual responsibility vs. structural limitations;*
 - *greater access to information vs. information overload;*
 - *personal autonomy vs. institutional guidance;*
 - *genuine health-consciousness vs. social pressure and performative health culture.*
- *Recognised that greater choice was not automatically a disadvantage. More choices could provide greater autonomy and more opportunities to select healthier alternatives, even though they could also create uncertainty or decision fatigue.*
- *Recognised that dietary choices were not equally challenging for everyone. Stronger scripts distinguished, where relevant, between groups such as children, seniors, working adults, lower-income households and more affluent consumers.*
- *Demonstrated conceptual understanding of how particular local initiatives or developments could affect different demographics differently.*

The key difference was that stronger candidates explained the significance of a development instead of merely identifying it.

Stronger candidates used the passages purposefully and accurately.

They:

- *Identified the main argument of the relevant paragraph, rather than focusing on an isolated detail.*
- *Used a short phrase or idea from the passage where appropriate.*
- *Explained how the author's argument helped to answer the AQ.*
- *Rephrased the passage ideas accurately rather than mechanically copying them.*
- *Avoided paraphrasing an entire paragraph without explaining its significance.*

Explanation, Balance and Evaluation

Stronger scripts did not merely present points. They developed and weighed them reflecting strong appreciation of 'lived reality' in Singapore.

- *Explained the reasons for the difficulty of making dietary choices. Recognised that greater nutritional awareness, healthier alternatives and clearer health guidance could make some dietary decisions easier, not harder.*
- *Considered both sides of the issue. (Balance)*
- *Evaluated why a counterargument strengthened, qualified or weakened the original argument.*
- *Considered who was affected, under what circumstances and to what extent. (Stakeholders)*
- *Reached a qualified judgement appropriate to a "how far" question.*

Examples, Personal Experience and Singaporean society

Stronger scripts used examples as evidence for an argument, rather than as decoration.

- *Provided concrete and apt illustrations from Singaporean society.*
- *Drew appropriately on their own experience, as required by the question.*
- *Integrated examples into the reasoning rather than adding them at the end of a paragraph.*
- *Explained what each example demonstrated about dietary decision-making.*
- *Selected examples that actually contained the issue being discussed.*

Accuracy and specificity

Stronger candidates used Singapore examples accurately.

- *Knew the purpose of the initiatives they mentioned.*
- *Did not confuse Healthier SG with Healthy 365 app.*
- *Avoided unsupported claims, such as suggesting that convenience stores were generally cheaper than supermarkets.*
- *Ensured that examples directly supported the argument being made.*

The question was not testing how many initiatives candidates could name. It was testing whether they could use an appropriate example to develop an argument.

Language in stronger scripts

Stronger scripts generally demonstrated linguistic qualities associated with the Band 3–4 range.

They generally had:

- *Clear, fluent and effective use of language.*
- *Varied and appropriate vocabulary.*
- *Varied sentence structures, including an effective mixture of simple, compound and complex sentences.*
- *Precise vocabulary such as autonomy, affordability, accessibility, structural constraints, information overload, social pressure, individual responsibility and decision-making, where appropriate.*
- *Effective rephrasing of passage language.*
- *Appropriate discourse markers such as however, nevertheless, consequently, in contrast, similarly, conversely and therefore.*
- *Cohesive paragraphs in which each paragraph had a clear purpose.*
- *Controlled punctuation.*
- *Generally accurate grammar, spelling, articles, prepositions, tenses, plural forms and subject–verb agreement.*
- *Clear pronoun references, so that words such as “this”, “these”, “it” and “they” clearly referred to the intended idea.*
- *A formal but natural argumentative style.*

Please note that an Artificial Intelligence (AI) language model assisted in initially drafting these passages. All content has been subsequently reviewed, rigorously discussed, and edited by teachers to ensure it meets the specific conceptual demands and intellectual standards of the General Paper syllabus