



## Cambridge IGCSE™

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**BIOLOGY**

**0610/33**

Paper 3 Theory (Core)

**October/November 2020**

MARK SCHEME

Maximum Mark: 80

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**Published**

This mark scheme is published as an aid to teachers and candidates, to indicate the requirements of the examination. It shows the basis on which Examiners were instructed to award marks. It does not indicate the details of the discussions that took place at an Examiners' meeting before marking began, which would have considered the acceptability of alternative answers.

Mark schemes should be read in conjunction with the question paper and the Principal Examiner Report for Teachers.

Cambridge International will not enter into discussions about these mark schemes.

Cambridge International is publishing the mark schemes for the October/November 2020 series for most Cambridge IGCSE™, Cambridge International A and AS Level and Cambridge Pre-U components, and some Cambridge O Level components.

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This document consists of **13** printed pages.

**PUBLISHED****Generic Marking Principles**

These general marking principles must be applied by all examiners when marking candidate answers. They should be applied alongside the specific content of the mark scheme or generic level descriptors for a question. Each question paper and mark scheme will also comply with these marking principles.

**GENERIC MARKING PRINCIPLE 1:**

Marks must be awarded in line with:

- the specific content of the mark scheme or the generic level descriptors for the question
- the specific skills defined in the mark scheme or in the generic level descriptors for the question
- the standard of response required by a candidate as exemplified by the standardisation scripts.

**GENERIC MARKING PRINCIPLE 2:**

Marks awarded are always **whole marks** (not half marks, or other fractions).

**GENERIC MARKING PRINCIPLE 3:**

Marks must be awarded **positively**:

- marks are awarded for correct/valid answers, as defined in the mark scheme. However, credit is given for valid answers which go beyond the scope of the syllabus and mark scheme, referring to your Team Leader as appropriate
- marks are awarded when candidates clearly demonstrate what they know and can do
- marks are not deducted for errors
- marks are not deducted for omissions
- answers should only be judged on the quality of spelling, punctuation and grammar when these features are specifically assessed by the question as indicated by the mark scheme. The meaning, however, should be unambiguous.

**GENERIC MARKING PRINCIPLE 4:**

Rules must be applied consistently, e.g. in situations where candidates have not followed instructions or in the application of generic level descriptors.

**GENERIC MARKING PRINCIPLE 5:**

Marks should be awarded using the full range of marks defined in the mark scheme for the question (however; the use of the full mark range may be limited according to the quality of the candidate responses seen).

**GENERIC MARKING PRINCIPLE 6:**

Marks awarded are based solely on the requirements as defined in the mark scheme. Marks should not be awarded with grade thresholds or grade descriptors in mind.

**Science-Specific Marking Principles**

1 Examiners should consider the context and scientific use of any keywords when awarding marks. Although keywords may be present, marks should not be awarded if the keywords are used incorrectly.

2 The examiner should not choose between contradictory statements given in the same question part, and credit should not be awarded for any correct statement that is contradicted within the same question part. Wrong science that is irrelevant to the question should be ignored.

3 Although spellings do not have to be correct, spellings of syllabus terms must allow for clear and unambiguous separation from other syllabus terms with which they may be confused (e.g. ethane / ethene, glucagon / glycogen, refraction / reflection).

4 The error carried forward (ecf) principle should be applied, where appropriate. If an incorrect answer is subsequently used in a scientifically correct way, the candidate should be awarded these subsequent marking points. Further guidance will be included in the mark scheme where necessary and any exceptions to this general principle will be noted.

5 'List rule' guidance

For questions that require *n* responses (e.g. State **two** reasons ...):

- The response should be read as continuous prose, even when numbered answer spaces are provided.
- Any response marked *ignore* in the mark scheme should not count towards *n*.
- Incorrect responses should not be awarded credit but will still count towards *n*.
- Read the entire response to check for any responses that contradict those that would otherwise be credited. Credit should **not** be awarded for any responses that are contradicted within the rest of the response. Where two responses contradict one another, this should be treated as a single incorrect response.
- Non-contradictory responses after the first *n* responses may be ignored even if they include incorrect science.

**6** Calculation specific guidance

Correct answers to calculations should be given full credit even if there is no working or incorrect working, **unless** the question states 'show your working'.

For questions in which the number of significant figures required is not stated, credit should be awarded for correct answers when rounded by the examiner to the number of significant figures given in the mark scheme. This may not apply to measured values.

For answers given in standard form (e.g.  $a \times 10^n$ ) in which the convention of restricting the value of the coefficient ( $a$ ) to a value between 1 and 10 is not followed, credit may still be awarded if the answer can be converted to the answer given in the mark scheme.

Unless a separate mark is given for a unit, a missing or incorrect unit will normally mean that the final calculation mark is not awarded. Exceptions to this general principle will be noted in the mark scheme.

**7** Guidance for chemical equations

Multiples / fractions of coefficients used in chemical equations are acceptable unless stated otherwise in the mark scheme.

State symbols given in an equation should be ignored unless asked for in the question or stated otherwise in the mark scheme.

**Abbreviations used in the Mark Scheme**

- ; separates marking points
- / separates alternatives within a marking point
- **R** reject
- **I** mark as if this material was not present
- **A** accept (a less than ideal answer which should be marked correct)
- **AW** alternative wording (accept other ways of expressing the same idea)
- underline words underlined (or grammatical variants of them) must be present
- **max** indicates the maximum number of marks that can be awarded
- **ecf** credit a correct statement that follows a previous wrong response
- ( ) the word / phrase in brackets is not required, but sets the context
- **ora** or reverse argument
- **AVP** any valid point

| Question                 | Answer  | Marks   | Guidance                 |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
|--------------------------|---|---------|--------------------------|--------|--------------------------|----------------|-------------------------------------|------------------|-------------------------------------|-------|-------------------------------------|--------------------------|--------------------------|---|---|
| 1(a)(i)                  | glucose and oxygen ;  | 1       |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| 1(a)(ii)                 | chloroplast ;   | 1       |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| 1(b)(i)                  | rate (of photosynthesis) increases (with increasing carbon dioxide concentration) and then, plateaus / levels off / stays the same ;  | 1       |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| 1(b)(ii)                 | line drawn above the original line ;<br>with a steeper gradient ;   | 2       |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| 1(b)(iii)                | <table border="0" style="width: 100%;"> <tr> <td style="border: 1px solid black; padding: 2px;">glucose</td> <td style="border: 1px solid black; width: 30px; text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="border: 1px solid black; padding: 2px;">lipase</td> <td style="border: 1px solid black; width: 30px; text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="border: 1px solid black; padding: 2px;">magnesium ions</td> <td style="border: 1px solid black; width: 30px; text-align: center;"><input checked="" type="checkbox"/></td> </tr> <tr> <td style="border: 1px solid black; padding: 2px;">warm temperature</td> <td style="border: 1px solid black; width: 30px; text-align: center;"><input checked="" type="checkbox"/></td> </tr> <tr> <td style="border: 1px solid black; padding: 2px;">water</td> <td style="border: 1px solid black; width: 30px; text-align: center;"><input checked="" type="checkbox"/></td> </tr> <tr> <td style="border: 1px solid black; padding: 2px;">very low light intensity</td> <td style="border: 1px solid black; width: 30px; text-align: center;"><input type="checkbox"/></td> </tr> </table> <p style="text-align: right; margin-top: 10px;">⋮</p> | glucose | <input type="checkbox"/> | lipase | <input type="checkbox"/> | magnesium ions | <input checked="" type="checkbox"/> | warm temperature | <input checked="" type="checkbox"/> | water | <input checked="" type="checkbox"/> | very low light intensity | <input type="checkbox"/> | 3 | one mark per tick<br>R each additional tick |
| glucose                  | <input type="checkbox"/>  |         |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| lipase                   | <input type="checkbox"/>  |         |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| magnesium ions           | <input checked="" type="checkbox"/>   |         |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| warm temperature         | <input checked="" type="checkbox"/>   |         |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| water                    | <input checked="" type="checkbox"/>   |         |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |
| very low light intensity | <input type="checkbox"/>  |         |                          |        |                          |                |                                     |                  |                                     |       |                                     |                          |                          |   |   |

| Question     | Answer               |                 |   | Marks    | Guidance |
|--------------|----------------------|-----------------|---|----------|----------|
| 1(c)         | letter from Fig. 1.2 | name of stage   | description of stage  | <b>4</b> |          |
|              | <b>S</b>             | transpiration ; | loss of water vapour from plant leaves                            |          |          |
|              | <b>T</b>             | evaporation ;   | heat from the sun causes liquid water to change into water vapour |          |          |
|              | <b>U</b>             | condensation ;  | water vapour in the air changes to liquid water in the clouds     |          |          |
|              | <b>V</b>             | precipitation ; | the liquid water falls to the ground.                             |          |          |
| .....<br>;;; |                      |                 |   |          |          |

| Question             | Answer  | Marks                                    | Guidance            |          |   |       |  |   |                |                                |   |         |                                      |   |            |  |   |        |                      |                 |  |
|----------------------|---|--|---------------------|----------|---|-------|--|---|----------------|--------------------------------|---|---------|--------------------------------------|---|------------|--|---|--------|----------------------|-----------------|--|
| <p>2(a)</p>          | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;">letter from Fig. 2.1</th> <th style="width: 30%;">name</th> <th style="width: 50%;">function</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">J</td> <td style="text-align: center;">penis</td> <td style="text-align: center;">carries sperm cells away from the testis</td> </tr> <tr> <td style="text-align: center;">K</td> <td style="text-align: center;">prostate gland</td> <td style="text-align: center;">delivers sperm into the vagina</td> </tr> <tr> <td style="text-align: center;">L</td> <td style="text-align: center;">scrotum</td> <td style="text-align: center;">holds the testes and keeps them cool</td> </tr> <tr> <td style="text-align: center;">M</td> <td style="text-align: center;">sperm duct</td> <td style="text-align: center;">makes the fluid that sperm cells swim in</td> </tr> <tr> <td style="text-align: center;">N</td> <td style="text-align: center;">testis</td> <td style="text-align: center;">where sperm are made</td> </tr> </tbody> </table> <p style="text-align: right;">⋮⋮⋮⋮</p> | letter from Fig. 2.1                     | name                | function | J | penis | carries sperm cells away from the testis | K | prostate gland | delivers sperm into the vagina | L | scrotum | holds the testes and keeps them cool | M | sperm duct | makes the fluid that sperm cells swim in | N | testis | where sperm are made | <p><b>5</b></p> | <p>each letter linked to the correct name <b>and</b> function</p> <p>10 correct lines = 5 marks<br/>             8 or 9 correct lines = 4 marks<br/>             6 or 7 correct lines = 3 marks<br/>             4 or 5 correct lines = 2 marks<br/>             2 or 3 correct lines = 1 mark</p> |
| letter from Fig. 2.1 | name  | function                                 |                     |          |   |       |  |   |                |                                |   |         |                                      |   |            |  |   |        |                      |                 |  |
| J                    | penis   | carries sperm cells away from the testis |                     |          |   |       |  |   |                |                                |   |         |                                      |   |            |  |   |        |                      |                 |  |
| K                    | prostate gland  | delivers sperm into the vagina           |                     |          |   |       |  |   |                |                                |   |         |                                      |   |            |  |   |        |                      |                 |  |
| L                    | scrotum   | holds the testes and keeps them cool     |                     |          |   |       |  |   |                |                                |   |         |                                      |   |            |  |   |        |                      |                 |  |
| M                    | sperm duct  | makes the fluid that sperm cells swim in |                     |          |   |       |  |   |                |                                |   |         |                                      |   |            |  |   |        |                      |                 |  |
| N                    | testis  | where sperm are made                     |                     |          |   |       |  |   |                |                                |   |         |                                      |   |            |  |   |        |                      |                 |  |
| <p>2(b)</p>          | <p><i>any two from:</i><br/>                     condom ;<br/>                     femidom ;<br/>                     diaphragm ;</p>   | <p><b>2</b></p>                          | <p><b>A IUD</b></p> |          |   |       |  |   |                |                                |   |         |                                      |   |            |  |   |        |                      |                 |  |

| Question  | Answer  | Marks | Guidance |
|-----------|---|-------|----------|
| 3(a)      | insects ;<br>six legs / three pairs of legs / three body parts / <b>AVP</b> ;   | 2     |          |
| 3(b)(i)   | clouded yellow / red admiral ;  | 1     |          |
| 3(b)(ii)  | high brown fritillary ;<br>found in the smallest area ;   | 2     |          |
| 3(b)(iii) | <i>any four from:</i><br>monitoring numbers ;<br>protection of species ;<br>protection of habitats / AW ;<br>planting of food plants ;<br><i>idea of</i> butterfly houses / nature reserve / zoos / AW ;<br>education ;<br>captive breeding programmes ;<br>gene banks ;<br>ref. to banning, hunting / collecting ;<br>reduce, pollution / insecticide use ;<br>legislation ; | 4     |          |

| Question  | Answer   | Marks | Guidance                         |
|-----------|--|-------|----------------------------------|
| 4(a)      | maintenance of a constant ;<br>internal environment ;  | 2     |                                  |
| 4(b)(i)   | A – receptors ;<br>B – blood vessels ;<br>C – fatty tissue / fat cells ;<br>D – sweat gland ;  | 4     | A nerve endings<br><br>A adipose |
| 4(b)(ii)  | <i>any three from:</i><br>C / fat, is insulating / AW ;<br>F / hair erector muscle, contracts ;<br>E / hair, stands up ;<br>traps a layer of (insulating) air ;<br>(reducing heat loss) from the blood ; | 3     |                                  |
| 4(b)(iii) | brain ;<br>receptors ;<br>blood ;<br>sweat ;<br>evaporates ;   | 5     |                                  |

| Question   | Answer   | Marks       | Guidance                |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
|--|--|-------------|-------------------------|-------------|-------|---------------------------------|---|--|--|---|--|---|--|---------------------------|--|--|---|--|---|--|--|--|--|--|---|--|--|---|--|---|--------------------------|
| 5(a)(i)  | <table border="1"> <thead> <tr> <th data-bbox="322 213 947 277">statements</th> <th data-bbox="947 213 1081 277">arteries</th> <th data-bbox="1081 213 1249 277">capillaries</th> <th data-bbox="1249 213 1350 277">veins</th> </tr> </thead> <tbody> <tr> <td data-bbox="322 277 947 341">carry blood away from the heart</td> <td data-bbox="947 277 1081 341">✓</td> <td data-bbox="1081 277 1249 341"></td> <td data-bbox="1249 277 1350 341"></td> </tr> <tr> <td data-bbox="322 341 947 445">supply cells with nutrients and remove waste products</td> <td data-bbox="947 341 1081 445"></td> <td data-bbox="1081 341 1249 445">✓</td> <td data-bbox="1249 341 1350 445"></td> </tr> <tr> <td data-bbox="322 445 947 509">return blood to the heart</td> <td data-bbox="947 445 1081 509"></td> <td data-bbox="1081 445 1249 509"></td> <td data-bbox="1249 445 1350 509">✓</td> </tr> <tr> <td data-bbox="322 509 947 612">thick and strong wall containing muscle and elastic tissue</td> <td data-bbox="947 509 1081 612">✓</td> <td data-bbox="1081 509 1249 612"></td> <td data-bbox="1249 509 1350 612"></td> </tr> <tr> <td data-bbox="322 612 947 676">thin wall containing muscle and elastic tissue</td> <td data-bbox="947 612 1081 676"></td> <td data-bbox="1081 612 1249 676"></td> <td data-bbox="1249 612 1350 676">✓</td> </tr> <tr> <td data-bbox="322 676 947 772">have a very thin wall with no muscle or elastic tissue</td> <td data-bbox="947 676 1081 772"></td> <td data-bbox="1081 676 1249 772">✓</td> <td data-bbox="1249 676 1350 772"></td> </tr> </tbody> </table> | statements  | arteries                | capillaries | veins | carry blood away from the heart | ✓ |  |  | supply cells with nutrients and remove waste products |  | ✓ |  | return blood to the heart |  |  | ✓ | thick and strong wall containing muscle and elastic tissue | ✓ |  |  | thin wall containing muscle and elastic tissue |  |  | ✓ | have a very thin wall with no muscle or elastic tissue |  | ✓ |  | 5 | one mark per correct row |
| statements   | arteries   | capillaries | veins                   |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| carry blood away from the heart                            | ✓  |             |                         |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| supply cells with nutrients and remove waste products      |  | ✓           |                         |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| return blood to the heart                                  |  |             | ✓                       |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| thick and strong wall containing muscle and elastic tissue | ✓  |             |                         |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| thin wall containing muscle and elastic tissue             |  |             | ✓                       |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| have a very thin wall with no muscle or elastic tissue     |  | ✓           |                         |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| 5(a)(ii)   | valves ;   | 1           | A larger lumen / AW     |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| 5(b)(i)  | (aerobic) respiration ;  | 1           | R anaerobic respiration |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |
| 5(b)(ii)   | <i>active transport: Y AND Z ;</i><br><i>diffusion: W AND X ;</i>  | 2           |                         |             |       |                                 |   |  |  |   |  |   |  |                           |  |  |   |  |   |  |  |  |  |  |   |  |  |   |  |   |                          |

| Question | Answer  | Marks | Guidance   |
|----------|---|-------|--|
| 6(a)(i)  | <div style="display: flex; flex-direction: column; align-items: center;"> <div style="border: 1px solid black; padding: 5px; width: 80%; margin-bottom: 10px;">is the movement of digested food molecules into cells.</div> <div style="border: 1px solid black; padding: 5px; width: 80%; margin-bottom: 10px;">is the passing out of undigested food from an organism.</div> <div style="display: flex; align-items: center; margin-bottom: 10px;"> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;">Excretion</div> <div style="display: flex; flex-direction: column; gap: 10px;"> <div style="border: 1px solid black; padding: 5px; width: 80%;">is the removal of excess substances from an organism.</div> <div style="border: 1px solid black; padding: 5px; width: 80%;">is the removal of toxic materials from an organism.</div> </div> </div> <div style="border: 1px solid black; padding: 5px; width: 80%; margin-bottom: 10px;">is the taking in of materials for energy and growth.</div> <div style="text-align: right;">;;</div> </div> | 2     | one mark per line<br><b>R</b> each additional line |
| 6(a)(ii) | <i>any three from:</i><br>water ;<br>urea ;<br>salts / (named) ions ;<br>hormones ;<br><b>AVP</b> ;   | 3     |  |
| 6(b)     | <b>P</b> – renal artery ;<br><b>Q</b> – bladder ;<br><b>R</b> – <u>ureter</u> ;   | 3     |  |

| Question                   | Answer   | Marks                  | Guidance            |                        |                          |           |           |                         |           |           |                            |           |           |   |                          |
|----------------------------|--|------------------------|---------------------|------------------------|--------------------------|-----------|-----------|-------------------------|-----------|-----------|----------------------------|-----------|-----------|---|--------------------------|
| 6(c)                       | <table border="1"> <thead> <tr> <th data-bbox="320 212 689 276">condition</th> <th data-bbox="689 212 1003 276">volume of urine</th> <th data-bbox="1003 212 1328 276">concentration of urine</th> </tr> </thead> <tbody> <tr> <td data-bbox="320 276 689 339">increase in water uptake</td> <td data-bbox="689 276 1003 339">increases</td> <td data-bbox="1003 276 1328 339">decreases</td> </tr> <tr> <td data-bbox="320 339 689 403">increase in temperature</td> <td data-bbox="689 339 1003 403">decreases</td> <td data-bbox="1003 339 1328 403">increases</td> </tr> <tr> <td data-bbox="320 403 689 467">increase in exercise level</td> <td data-bbox="689 403 1003 467">decreases</td> <td data-bbox="1003 403 1328 467">increases</td> </tr> </tbody> </table> <p style="text-align: right;">⋮</p> | condition              | volume of urine     | concentration of urine | increase in water uptake | increases | decreases | increase in temperature | decreases | increases | increase in exercise level | decreases | increases | 3 | one mark per correct row |
| condition                  | volume of urine  | concentration of urine |                     |                        |                          |           |           |                         |           |           |                            |           |           |   |                          |
| increase in water uptake   | increases  | decreases              |                     |                        |                          |           |           |                         |           |           |                            |           |           |   |                          |
| increase in temperature    | decreases  | increases              |                     |                        |                          |           |           |                         |           |           |                            |           |           |   |                          |
| increase in exercise level | decreases  | increases              |                     |                        |                          |           |           |                         |           |           |                            |           |           |   |                          |
| 6(d)(i)                    | carbon, hydrogen, oxygen ;<br>nitrogen ;   | 2                      |                     |                        |                          |           |           |                         |           |           |                            |           |           |   |                          |
| 6(d)(ii)                   | liver ;  | 1                      |                     |                        |                          |           |           |                         |           |           |                            |           |           |   |                          |
| 6(e)                       | (simple) sugars ;<br>(named) protease ;<br>fatty acids and glycerol ;  | 3                      | A glucose / maltose |                        |                          |           |           |                         |           |           |                            |           |           |   |                          |

| Question | Answer   | Marks | Guidance   |
|----------|--|-------|--|
| 7(a)     | 27.5% ;;   | 2     | MP1 correct addition of table values<br>MP2 correct final answer |
| 7(b)(i)  | <i>carbon monoxide:</i><br>binds to haemoglobin / AW ;<br>reduced oxygen (transport) / red blood cells carry less oxygen / AW ;<br><br><i>tar:</i><br>carcinogenic / causes cancer ;<br>produce more mucus ;<br>coats the surface of the (named) gas exchange system ;<br><br><i>both:</i><br>reduces activity of cilia ;<br>(so) mucus is not removed from the lungs ;<br>risk of more respiratory infections ;<br>reduced, diffusion ; | 4     |  |
| 7(b)(ii) | <u>nicotine</u> ;  | 1     |  |
| 7(c)     | <i>any two from:</i><br>across the placenta ;<br>by diffusion ;<br>from the mother's blood to the fetus's blood ;<br>enter fetus from umbilical cord / umbilical blood vessels ;   | 2     |  |
| 7(d)     | <i>any three from:</i><br>stress ;<br>ref.to diet / high cholesterol / obesity ;<br>genetic predisposition ;<br>age ;<br>sex ;<br>AVP ;;; e.g. lack of exercise / high blood pressure / diabetes   | 3     | A high, fat / salt   |