

AQA GCSE ENGLISH LANGUAGE

Paper 2: Writers' viewpoints and perspectives

SET P

Insert

The two sources that follow are:

Source A: 20th Century non-fiction

Cut and bulk by Ruth Clegg

An extract from a news article

Source B: 19th Century non-fiction

Observations on the preservation of health by J.H.Curtis

An extract from a book published in 1838

Source A

Source A is taken from a news article by Ruth Clegg about the trend of teenagers body-building.

Cut and bulk: Teenagers explain why they want to get ripped

Ripped. Shredded. Jacked. Swole. Which are you? Gym jargon such as this, which refers to the size and definition of muscles, has long been heard exchanged between pumped men in gym locker rooms — and now among teenagers too. The quest for brick-like abs has become serious business, even if you're still only in Year 8, with posts on socials with
5 hashtags like #shreddedphysique being viewed more than four billion times. The desire to get this look, for many, might mean doing a few deadlifts and drinking a protein shake from time to time. For others, it could be working out a few times a week, playing sport and eating a lot of chicken.

But for a growing few it means going to the gym most nights, often following intense
10 training regimes from social media, and learning how to "cut and bulk". The cut and bulk cycle consists of eating hundreds of calories more than your recommended daily intake to get bigger, retaining some fat in the process, then, several weeks later, cutting calorie intake down to lose the fat for a leaner, more defined look. It can be all-consuming, and involves a lot of calorie counting, working out and dedication. Some sports nutritionists
15 say it can be harmful, affecting hormone health, growth and development, and could potentially lead to problems with eating disorders such as muscle dysmorphia — the idea that your body is smaller and less muscly than it actually is.

Seeing his uncle powerlifting spurred Nat Wolny into working out aged 12 — and he's loved the gym since "day one". Between the ages of 13 and 16, he tried "dirty bulking" —
20 a process of eating huge amounts of food to get big. The more he worked out, the bigger he grew. But it became unsustainable. Nat, who is now 18, says he was eating 80% junk, 20% nutritious food and while he might have looked jacked on the outside, on the inside his "gut was a mess". "I had really bad acne and I felt really self-conscious," he admits. He tried cutting out fast food and ultra-processed foods, then found the carnivore diet and
25 began to fast. The 18-year-old now eats raw steak, eggs and raw milk. "It's an ancestral diet," Nat says, "which is what we survived off — it's primal."

All the experts I've spoken to agree there's nothing wrong with the desire to be fit and healthy, especially from a young age. But is "fit and healthy" becoming increasingly wrapped up in a tight torso and sculpted pecs? "Too often, it's about the look, rather than
30 what healthy really means, which comes in all shapes and sizes," children's dietician Lucy Upton explains. She says this growing trend is not only pushing some teenagers to extremes, but the advice online on how to achieve it often lacks credible evidence. Meanwhile, Sam Grady-Graham, a GB Boxing coach, says following restrictive eating regimes in your teens is potentially harmful because the rate of growth between 12 and 18
35 is "exponential". He warns against going too hard too quickly. "Movement over muscle is the way we look at it," he says. "You might not see progress immediately, but long term, you set yourself a strong foundation to build upon."

Source B

Source B is an extract from a book published in 1838. The writer, J.H.Curtis, aims to give readers common-sense advice about looking after their health in their everyday lives. The book is written for men.

Observations on the preservation of health

How many young men there are in this city who, being engaged in sedentary* occupations the greater part of the day, need much muscular exercise to preserve their bodies in health and strength, yet, in sheer ignorance, give up almost the only opportunity they have of taking such exercise. Instead of walking to and from their places of business, they get
5 an omnibus* and ride for the express purpose of avoiding a little fatigue; whereas their elders, who have risen an hour before them, may be seen walking, thereby taking advantage of exercise.

If individuals of this class knew their own interests, they would fix their habitations at a short distance (two or three miles) from town, and would regard a plot of garden-ground
10 as an indispensable addition to their dwellings. They would be early risers, they would cultivate their gardens and, whenever the state of the weather permitted, would call in to their aid no other instruments of locomotion* than those with which nature has furnished them. If such a plan as this were pursued, they would be able to resist the unhealthy influences they are daily exposed to, and a blooming cheek and cheerful eye would be
15 more common phenomena* in the city of London than they are at present.

In addition, most of them enjoy once-a-year a vacation of a few weeks — a resting from the cares and toils of business and, as if to make up for their long confinement, many of these young persons determine to make the most of their short period of freedom and set out on extensive excursions. Ignorant of the fact that the muscles, for want of due
20 exercise, become weak and incapable of powerful action, their object is to accomplish the utmost of which their limbs are capable. Having heard that exercise is good for health, and knowing that, for the previous twelve months, they have had exceedingly little of it, they imagine their best plan is to take advantage of the present opportunity, and to lay up a stock of health for the twelve months to come. They march on to the end of their
25 predetermined journey, consoling themselves for the pain they suffer by thinking that, as it is caused by exercise, it will eventually promote their health. No opinion can be more mistaken.

Persons who are much occupied in writing, such as barristers, editors of newspapers and those engaged in literary pursuits, will do well to have a high desk, at which they should
30 stand to write whenever they are fatigued with sitting. This practice will be found extremely useful in preventing those desk-diseases which are incident to such occupations.

**sedentary* = characterised by sitting down or being inactive

**omnibus* = a bus

**locomotion* = the act or power of moving from place to place

**phenomena* = remarkable things

End of sources