This model paper is free to download and use for revision purposes. The paper has been specially commissioned by Hodder Gibson and has been written by experienced senior teachers and examiners. This is not SQA material but has been devised to provide further practice for SQA National Qualification examinations in 2016 and beyond.

Model Question Papers and Answers © Hodder Gibson. All rights reserved.

Hodder Gibson is grateful for the use of the following:

Ordnance Survey maps © Crown Copyright 2018. Ordnance Survey 100047450;
Image © gary yim/Shutterstock.com (Model Paper 1 page 6);
The diagram ‘Land Use in the Rainforest’ © Rhett A. Butler/Mongabay.com (Model Paper 1 page 10);
Image © Oliver Hoffmann/Shutterstock.com (Model Paper 1 page 14);
Image © Africa Studio/Shutterstock.com (Model Paper 1 page 14).
Geography

Duration — 1 hour and 30 minutes
Total marks — 60

SECTION 1 — PHYSICAL ENVIRONMENTS — 20 marks
Attempt EITHER question 1 or question 2 AND questions 3, 4 and 5

SECTION 2 — HUMAN ENVIRONMENTS — 20 marks
Attempt questions 6, 7 and 8

SECTION 3 — GLOBAL ISSUES — 20 marks
Attempt any TWO of the following
Question 9 — Climate Change
Question 10 — Impact of Human Activity on the Natural Environment
Question 11 — Environmental Hazards
Question 12 — Trade and Globalisation
Question 13 — Tourism
Question 14 — Health

You should read the questions carefully.
Credit will always be given for appropriately labelled sketch maps and diagrams.
Use blue or black ink.

© 2016 Hodder & Stoughton
SECTION 1 — PHYSICAL ENVIRONMENTS — 20 marks

Attempt EITHER Question 1 or Question 2
AND Questions 3, 4 and 5

Question 1 — Glaciated Uplands

(a) Study OS map Item A of the Aviemore area.

**Match** the features of glaciated uplands shown below with the correct grid reference.

<table>
<thead>
<tr>
<th>Features of glaciated uplands</th>
</tr>
</thead>
<tbody>
<tr>
<td>U-shaped valley</td>
</tr>
<tr>
<td>corrie</td>
</tr>
<tr>
<td>pyramidal peak</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Choose from grid references</th>
</tr>
</thead>
<tbody>
<tr>
<td>954976</td>
</tr>
<tr>
<td>979976</td>
</tr>
<tr>
<td>957997</td>
</tr>
<tr>
<td>915980</td>
</tr>
</tbody>
</table>

3

(b) **Explain** the formation of a U-shaped valley.

You may use a diagram or diagrams in your answer. 4

Total marks 7

**NOW ATTEMPT QUESTIONS 3, 4 AND 5**
DO NOT ATTEMPT THIS QUESTION IF YOU HAVE ALREADY ANSWERED QUESTION 1

Question 2 — Upland Limestone Areas

(a) Study OS map Item B of the Aber-craf area.

Match the following surface limestone features with the correct grid reference.

<table>
<thead>
<tr>
<th>Features of upland limestone areas</th>
</tr>
</thead>
<tbody>
<tr>
<td>pot hole</td>
</tr>
<tr>
<td>limestone pavement</td>
</tr>
<tr>
<td>intermittent drainage</td>
</tr>
</tbody>
</table>

Choose from grid references

| 833164 | 817155 | 819163 | 814175 |

3 marks

(b) Explain the formation of limestone pavement.

You may use a diagram or diagrams in your answer.

4 marks

Total marks 7

NOW ATTEMPT QUESTIONS 3, 4 AND 5
Question 3
Study OS map Item A of the Aviemore area.
Referring to map evidence, explain the ways in which the physical landscape has affected land use in the map extract area.

Question 4

Diagram Q4 — Synoptic Chart for 30 May 2013

Study Diagram Q4 above.
Explain the changes that will take place in the weather at Norwich over the next twenty-four hours.
Look at Diagrams Q5A and Q5B.

Choose one landscape type you have studied from Diagram Q5A.

Select at least two land uses from Diagram Q5B and explain why these land uses are suitable for your chosen landscape type.
SECTION 2 — HUMAN ENVIRONMENTS — 20 marks

Attempt Questions 6, 7 and 8

Question 6

Study OS map Item C of the Durham area.

(a) Using Item C, give map evidence to show that part of Durham’s CBD is located in grid square 2742.  

(b) Describe, in detail, differences between the urban environments in grid squares 2642 and 2745.  

Question 7

Diagram Q7 — Complexo do Alemão Shanty Town, Rio de Janeiro

Look at Diagram Q7.

For Rio de Janeiro, or a named developing world city you have studied, describe methods used by city authorities to improve living conditions in shanty towns.  

Look at Diagram Q8.
Choose two modern developments from Diagram Q8.
Explain how your chosen developments affect farmers in the developed world.

NOW GO TO SECTION 3
SECTION 3 — GLOBAL ISSUES — 20 marks

Attempt any TWO questions

Question 9 — Climate Change
Question 10 — Impact of Human Activity on the Natural Environment
Question 11 — Environmental Hazards
Question 12 — Trade and Globalisation
Question 13 — Tourism
Question 14 — Health
Study Diagram Q9.

(a) **Describe**, in detail, changes in ice melt between 1979 and 2012.  

(b) Explain the effects of climate change on people and the environment.  

**Total marks** 10
Question 10 — Impact of Human Activity on the Natural Environment

Diagram Q10A — Barrow, Alaska

Diagram Q10B — Eismitte, Greenland

Study Diagrams Q10A and Q10B.

(a) **Describe, in detail**, differences between the climates of Barrow and Eismitte.

4

Diagram Q10C — Land Use in the Rainforest

- Cattle ranches 60%
- Small-scale, subsistence agriculture 33%
- Fires, mining, urbanisation, road construction, dams 3%
- Logging, legal and illegal 3%
- Large-scale commercial agriculture including soybeans 1%

(b) Look at Diagram Q10C.

**Explain** how two of the land uses shown in Diagram Q10C can lead to degradation of the rainforest.

6

Total marks 10
Study Diagram Q11A.

(a) **Describe, in detail, the distribution of the world’s most active volcanoes.**  

Diagram Q11B — Environmental Hazards

(b) For a named earthquake, volcano or tropical storm you have studied, **explain** the impact it had on the people and the environment.

**Total marks 10**
Question 12 — Trade and Globalisation

Diagram Q12A — Percentage Share of World Goods Production

<table>
<thead>
<tr>
<th>Year</th>
<th>Region</th>
<th>Share</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>Developed countries</td>
<td>70%</td>
</tr>
<tr>
<td></td>
<td>China</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>India</td>
<td>4%</td>
</tr>
<tr>
<td>2000</td>
<td>Developed countries</td>
<td>68%</td>
</tr>
<tr>
<td></td>
<td>China</td>
<td>7%</td>
</tr>
<tr>
<td></td>
<td>India</td>
<td>4%</td>
</tr>
<tr>
<td>2010</td>
<td>Developed countries</td>
<td>50%</td>
</tr>
<tr>
<td></td>
<td>China</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>India</td>
<td>6%</td>
</tr>
<tr>
<td>2016 (projected)</td>
<td>Developed countries</td>
<td>45%</td>
</tr>
<tr>
<td></td>
<td>China</td>
<td>18%</td>
</tr>
<tr>
<td></td>
<td>India</td>
<td>7%</td>
</tr>
</tbody>
</table>

Study Diagram Q12A.

(a) **Describe, in detail**, the trends in percentage share of world goods production.

Diagram Q12B — Newspaper Headline

“The inequality in trade between rich and poor nations is now wider than it has ever been before”

Look at Diagram Q12B.

(b) **Explain** the causes of inequalities in trade between developed and developing countries.

Total marks 10
Question 13 — Tourism

Diagram Q13 — Global Tourist Arrivals 1990–2011

Tourist arrivals across the world 2011

North and South America: 15.9%
Europe: 51.5%
Middle East: 5.6%
Africa: 5.0%
Asia, Australia, and Oceania: 22.0%

Most Visited Countries (in million people):
- France: 79.5
- United States: 62.5
- China: 57.6
- Spain: 56.7
- Italy: 46.1
- Turkey: 29.3
- Great Britain: 26.2
- Germany: 24.4
- Malaysia: 24.7
- Mexico: 23.4

Study Diagram Q13.

(a) **Describe** the trends in global tourist arrivals between 1990 and 2011. 4

(b) **Explain** the advantages and disadvantages of mass tourism. 6

Total marks 10
Question 14 — Health

Diagram Q14A — Adults Infected with HIV/AIDS

Study Diagram Q14A.

(a) **Describe, in detail,** the distribution of HIV/AIDS.  

Diagram Q14B — Selected Health Facts for Scotland (2011)

More than 8000 people die from heart disease each year

It is estimated that more than 1 in 3 people in Scotland will develop some form of cancer during their lifetime

In Scotland, 368 000 people are currently receiving treatment for asthma.

Study Diagram Q14B.

(b) (i) **Explain** the main causes of heart disease, or cancer, or asthma.  

(ii) For your chosen disease in part (i), **describe** some methods used to help prevent or reduce the disease.

Total marks 10

[END OF MODEL PAPER]
General Marking Principles for National 5 Geography

Questions that ask candidates to Describe . . . (4–6 marks)
Candidates must make a number of relevant, factual points. These should be key points. The points do not need to be in any particular order. Candidates may provide a number of straightforward points or a smaller number of developed points, or a combination of these.

Up to the total mark allocation for this question:
• One mark should be given for each accurate relevant point.
• Further marks should be given for development and exemplification.

Question: Describe, in detail, the effects of two of the factors shown. (Modern factors affecting farming).
Example:
New technology has led to increased crop yields (one mark), leading to better profits for some farmers (a second mark for development).

Questions that ask candidates to Explain . . . (4–6 marks)
Candidates must make a number of points that make the process/situation plain or clear, for example by showing connections between factors or causal relationships between events or processes. These should be key reasons and may include theoretical ideas. There is no need for any prioritising of these reasons. Candidates may provide a number of straightforward reasons or a smaller number of developed reasons, or a combination of these. The use of the command words ‘give reasons’ will generally be used when candidates are required to use information from sources. However, depending on the context of the question the command word ‘explain’ may be substituted.

Up to the total mark allocation for this question:
• One mark should be given for each accurate relevant point.
• Further marks should be given for developed reasons.

Question: Give reasons for the differences in the weather conditions between Belfast and Stockholm.
Example:
In Stockholm it is dry, but in Belfast it is wet because Stockholm is in a ridge of high pressure whereas Belfast is in a depression (one mark). Belfast is close to the warm front and therefore experiencing rain (second mark for development).

Questions that ask candidates to Match (3–4 marks)
Candidates must match two sets of variables by using their map interpretation skills.

Up to the total mark allocation for this question:
• One mark should be given for each correct answer.

Question: Match the letters A to C with the correct features.
Example: A = Forestry (1 mark)

Questions that ask candidates to Give map evidence (3–4 marks)
Candidates must look for evidence on the map and make clear statements to support their answer.

Up to the total mark allocation for this question:
• One mark should be given for each correct answer.

Question: Give map evidence to show that part of Coventry’s CBD is located in grid square 3379.
Example: Many roads meet in this square (1 mark).

Questions that ask candidates to Give advantages and/or disadvantages (4–6 marks)
Candidates must select relevant advantages or disadvantages of a proposed development and show their understanding of their significance to the proposal. Answers may give briefly explained points or a smaller number of points which are developed to warrant further marks.

Up to the total mark allocation for this question:
• One mark should be given for each accurate relevant point.
• Further marks should be given for developed points.
• Marks should be awarded for accurate map evidence.

Question: Give either advantages or disadvantages of this location for a shopping centre. You must use map evidence to support your answer.
Example: There are roads and motorways close by allowing the easy delivery of goods (1 mark) and access for customers (1 mark for development), eg the A46, M6 and M69 (1 mark).
Section 1: Physical Environments

1 (a) U-shaped valley - 979976
   Corrie - 957997
   Pyramidal peak - 954976

(b) 1 mark for a valid point.
    2 marks for a developed point.
    Full marks can be gained for appropriately annotated diagrams.
    If a U-shaped valley is chosen: a glacier occupies a
    V-shaped valley (1), the ice moves, eroding the sides
    and bottom of the valley (1), through plucking (1) and
    abrasion (1); this makes the valley sides steeper
    (1) and the valley deeper (1), and when the glacier
    retreats a steep, deep, flat-floored U-shaped valley
    is left (2), the original stream seems too small for the
    wider valley and is known as a misfit stream (1).

2 (a) Pot hole - 833164
    Intermittent drainage - 817155
    Limestone pavement - 814175

(b) 1 mark for a valid point, 2 marks for a developed point.
    Limestone pavement:
    Limestone made from decayed remains of skeletons
    of sea creatures (1); laid in horizontal layers on sea
    bed (1); sedimentary rocks uplifted (1); overlying
    rock removed by glaciation (1); cracks appear as
    rock dries out (1); cracks widen into grykes by
    chemical weathering (1); limestone dissolved by
    acid rainwater (1); creates clints, or upstanding
    blocks (1).
    Credit should be given for appropriately annotated
diagrams.

3 1 mark for a simple point.
   2 marks for a developed point.
   Marks 1 for grid references.
   Answers could include:
   Most settlement is found along the course of the river
   where the land is low and suitable for building (1),
   e.g. at 885125 (1). Transport routes such as the B970
   and the railway line follow the course of the valley as
   it provides a natural route way (2). The roads have had
   to avoid the higher, steeper ground and in some places
   the undulating nature of the land means cuttings and
   embankments are needed (1) such as at 892132 (1).
   Where there is gently sloping lower ground (901117)
   farming may be arable or mixed (1), whereas on the
   steeper slopes and higher ground livestock grazing
   will occur due to the difficulty of using machinery (2).
   Woodland is grown on land that is too high and cold for
   crops, such as 905066 (1). Steep slopes are no use for
   settlement but can be for recreation and tourism, such
   as the ski centre at 899059 (1).
   Accept any other relevant point.

4 Max 2 marks for description of weather changes without
   explanation.
   Mark out of 3 if candidate has misidentified fronts but
   explained weather correctly.
   Answers could include:
   As the warm front approaches Norwich, air pressure
   will fall (1), cloud cover will increase (1) and steady
   rain will occur (1). Winds will be quite strong as the
   isobars are close together (1). The warm front will
   move away, and Norwich will be in the warm sector
   of a low-pressure system (1). Temperatures will
   rise, and it will be mild with occasional showers and
   some cloud cover (1). Winds will die down. The cold
   front will arrive and cloud cover will increase, with
   cumulonimbus clouds bringing heavy rain to the city
   (2). Temperatures will drop as the cold front passes
   over and begins to move away (1). The sky will become
   clear (1), the rain will stop (1) and pressure will begin
   to rise (1), and winds will increase (1).
Section 2: Human Environments
6 (a) 1 mark per valid point.
   Answers could include:
   
   Main roads like the A691 and the A690 converge on this square (1); there is a tourist information centre (1) and a cathedral (1), many churches (1) and a bus station (1).
   
   Accept any other valid point.

(b) 1 mark per valid point.
   2 marks for a developed point. Mark only differences.
   Answers may include:
   
   2745 is an area of newer housing. 2642 is an older, inner urban area (1); 2745 is mainly a residential suburban area whereas 2642 has a greater variety of land uses like industry and services, as well as housing (2). 2745 has a varied street pattern including cul-de-sacs and crescents whereas 2642 has a mainly rectangular/grid-iron pattern (1); 2745 has mainly small buildings (houses) whereas 2642 has large buildings like factories (1); 2745 has a limited amount of traffic and less noise pollution, while 2642 has many main roads, railway, bus station - more noise and pollution (2).
   
   Accept any other valid point.

7 1 mark for a valid point.
   2 marks for a developed point.
   If no named example, mark out of 5.

   If the Rio de Janeiro example was chosen, answers may include:
   
   New roads are to be constructed to improve the transport of people and goods in the area (1); storm drains are to be built to control flooding (1); construction of piped water supply (1); construction of latrines (1). Slums will be cleared over a five-year period (1), and people are being rehoused nearby in newly built apartments (1). These are affordable accommodation (1). The estates also include schools, markets and other facilities (1).
   
   Or any other valid point.

8 For full marks, two factors should be mentioned.
   Award up to 4 marks for any single factor.
   1 mark per valid point.
   2 marks for a developed point.

   If New Technology is chosen, answers may include:
   
   Machinery increases the efficiency on a farm, enabling the farmer to plough, sow, spray etc. more quickly, covering larger areas (2). It also speeds up harvesting and results in the product being delivered to markets fresher (1) and at a higher premium (1). It also allows for a smaller workforce (1) and therefore lower wage bills (1). It allows for the use of satellite technology/computers to control the application of fertilisers to particular areas of fields (1), improving yields (1) yet decreasing the cost and waste.

   If Diversification is chosen, answers may include:
   
   Farmers can obtain additional income from a variety of sources if they diversify their activities on the farm (1). They may turn old farm workers' cottages into holiday chalets (1). They may use part of the land for a golf course (1). They may earn income from sports such as quad-bike riding (1).

   Or any other valid point.

Section 3: Global Issues
9 (a) Answers may include:
   
   Over a 17-year period between 1979 and 1996, ice melt decreased (1), apart from 1983-4 when it increased (1). The general trend for 1997 onwards was that ice melt increased (1), reaching a high in 2012 (1) at 2% higher than the average (1).
   
   Or any other valid point.

(b) 1 mark for a valid point.
   2 marks for a developed point.

   Answers may include:
   
   Warmer global temperatures could change the habitats of different wildlife and marine dwellers (1). Warmer water causes some fish to die or to move to colder waters, which affects fishermen and their livelihood (1). Increasing temperatures may mean more drought, leading to famine (1). In some areas, new crops can be grown because of the higher temperatures (1), which increases farmers' income (1). Rising temperatures can cause the icecaps to melt, which can result in flooding in low-lying areas like the Netherlands (1). Warmer temperatures could result in the spread of diseases like malaria into new areas (1).

   Or any other valid point.

10 (a) Answers may include:
   
   The lowest temperature reached in Barrow is -29 degrees whereas in Elsmite it is -27 degrees Centigrade (1). The highest temperature reached in Barrow is 5 degrees, compared with 12 degrees Centigrade in Elsmite (1). The range in temperature in Barrow is therefore 34 degrees as opposed to 39 degrees in Elsmite (1). Barrow has precipitation throughout the year, totalling 130mm, whereas there is no rainfall in Elsmite (2).

   Or any other valid point.

(b) Answers may include:
   
   Large areas of rainforest are needed for cattle ranching, so huge areas are burned, destroying the native wildlife and the plants (1). The land the cattle graze soon becomes infertile, so more rainforest is destroyed to allow the cattle to graze (1). This land never recovers (1). Large tracts of forest are cleared by using fires, which can get out of control and destroy far more forest than necessary (1). Large amounts of CO₂ are released, affecting the local climate as well as the global climate (1). With no trees to bind the soil together, soil erosion takes place (1). Rivers become polluted with soil and cannot be used by the local people (1). The local people are forced off the land, and their traditional way of life is under threat (1). Logging destroys the habitats of animals, causing a threat of extinction (1). Fewer animals means less food for the native people (1). Illegal loggers do not replant to replace the trees, so the rainforest does not regenerate (1).

   Or any other valid point.
11 (a) Answers may include:
Volcanoes are found along the edges of plate boundaries (1). Many volcanoes are found along the west coast of North and South America (1) especially Alaska (1). Volcanoes are found along the coastal areas of China and Japan (1) and along the Pacific Ring of Fire (1).

Or any other valid point.

(b) 1 mark for a valid point.
2 marks for a developed point.
If no specific example named, mark out of 4.
Answers may include:
Tropical storms are very powerful and can cause immense damage (1). Storms can uproot trees (1) and disrupt telephone lines and electricity power lines (1). If plantation crops are destroyed, this can cause severe economic problems (1). Tidal surges flood low-lying coastal areas (1). There can be major loss of life caused by flooding, resulting in thousands of deaths (1). Landslides may occur where rainfall washes away buildings built on steep, unstable slopes (1). Flooding can block coastal escape routes and relief roads, making damaged areas unreachable for rescue services (2).

Or any other valid point.

12 (a) Answers may include:
The percentage share of world goods production for developed countries will steadily decrease between 2000 and 2016 (1). The percentage will have decreased from 68% to 45% in developed countries - a drop of 23% (1). China’s share will steadily increase during this period from 4% to an estimated 18% (1). India’s percentage has also increased, but the increase is significantly lower than that of China (1). India’s share remained at 4% between 2000 and 2010 but is due to increase slightly to 7% by 2016 (1).

Or any other valid point.

(b) 1 mark for a valid point.
2 marks for a developed point.
Answers may include:
Developed countries have a larger share of world trade because their exports include significantly more manufactured goods than countries in the developing world (1). Developing countries tend to produce raw materials rather than manufactured goods (1). Developed countries have more industries producing a wide variety of products, such as food products, industrial machinery and electronics, which are traded with other developed countries (2). Many developing countries belong to trading alliances, such as the European Union, which help to increase the volume of trade (1). The economies of developed countries benefit from being able to purchase low-cost raw materials produced by developing countries and to sell manufactured goods back for higher profits (2). Developing countries have much less money to invest in manufacturing industries and are less able to compete with developed countries (1).

Or any other valid point.

13 (a) 1 mark for a valid point.
2 marks for a developed point.
Answers may include:
The overall number of tourist arrivals across the world has steadily increased throughout the period from 1990 to 2011 (1). The number has more than doubled from 1990 to 2011 (1). The highest number of arrivals in 2011 occurred in Europe, with France being the most visited country (2). The second largest number of arrivals occurred in Asia, Australia and Oceania, with China accounting for 57-6 million visitors (2). North and South America were third largest in tourist arrivals, with the USA having 62-3 million tourist visitors (2). Africa had the smallest share of tourist arrivals with only 5% as opposed to 51-5% in Europe (2).

Or any other valid point.

(b) 1 mark for a valid point.
2 marks for a developed point.
For full marks, both advantages and disadvantages must be mentioned. If not, mark out of 5.

Advantages:
Mass tourism boosts the economies of developed and developing countries (1). Tourism creates jobs in a wide variety of activities, including farming (supplying food for shops/hotels etc.) and entertainment (theatres, leisure centres) (2). It provides money for the country to improve infrastructure (transport, water supplies, sewage disposal) (1) and provides income to improve services such as education and health services (1).

Disadvantages:
Tourism can create pollution, e.g. litter on beaches (1). Sea and river pollution arises from the increased use of fertilisers and pesticides on local farms (1). Can increase traffic congestion in both cities and rural areas (1). Can cause conflict in rural areas with farmers to produce more food to feed tourists (1). Employment may only be seasonal (1). Tourism can have a detrimental effect on local culture and the physical environment, for example removing forest to build more tourist facilities (1).

Or any other valid point.

14 (a) 1 mark for a valid point.
2 marks for a developed point.
Answers may include:
AIDS is most prevalent in countries in the developing world (1). The highest percentages of infected adults are found in areas such as Central and South Africa (1), which have 15 to 34% of the population infected (1). Infection rates are much lower in areas such as Europe and North America at 0-1 to 0-5% (1). Infection rates are also low in Australia (1). Rates are also high in parts of Asia, particularly in India and Pakistan (2).

Or any other valid point.

(b) (i) 1 mark for a valid point. 2 marks for a developed point.
Max 1 mark for a list.

If heart disease is chosen, answers may include:
Heart disease can be inherited from parents (1). Over-eating can lead to obesity, putting extra pressure on the heart (2). Smoking narrows the arteries and affects the lungs (1). This can lead to emphysema, putting a strain on the heart by making it work faster (1). The build-up of fatty deposits on the walls of the arteries
restricts the flow of blood to the heart (1); lack of exercise raises blood pressure, affecting the efficiency of the heart (1); poor diet increases cholesterol (1); stress leads to high blood pressure (1).

Or any other valid point.

(b) (ii) Max 1 mark for a list.

Answers may include:

More people now have regular check-ups for cholesterol and blood pressure (1), allowing early intervention for at-risk patients (1). More advanced medical equipment is being invented and used (1), e.g. artificial heart valves (1). More advanced surgery is now available (1), e.g. bypass surgery (1). The government runs many campaigns to educate the public (1), e.g. stop-smoking campaigns and healthy eating (1). Advertising brands of cigarettes has been banned (1). Smoking ban in public places (1). Nicotine patches to help people give up smoking (1). People are encouraged to eat more healthily and take more exercise (1). Healthy eating is encouraged in school dining halls (1). Free and reduced membership of gyms (1).

Or any other valid point.