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## TT7 Nutritional needs and health: *Diet, nutrition and health*

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1. Explain the relationship between diet, nutrition and health. (2 marks)

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2. The major diet-related health conditions include (multiple answers needed): (1 mark)

- measles
- dental caries
- coronary heart disease
- mumps
- flu
- iron deficiency anaemia



3. i) Obesity is a risk factor of developing many other diseases. (1 mark)

**TRUE/FALSE**

ii) The main symptom of diabetes is increased level of blood sugar. (1 mark)

**TRUE/FALSE**

iii) Hypertension is a disease in which blood pressure is too low. (1 mark)

**TRUE/FALSE**

iv) Iron deficiency anaemia increases the risk of heart failure. (1 mark)

**TRUE/FALSE**

4. What is the healthy BMI scope? (1 mark)

- A. Below 18.5kg/m<sup>2</sup>
- B. From 18.5kg/m<sup>2</sup> to 24.9kg/m<sup>2</sup>
- C. From 25kg/m<sup>2</sup> to 29.9kg/m<sup>2</sup>
- D. Over 30kg/m<sup>2</sup>



5. i) Define osteoporosis. (1 mark)

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ii) Suggest **two** dietary recommendations for people with osteoporosis. (2 marks)

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6. i) What are the two main factors that can cause rickets? **(2 marks)**

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ii) Explain how nutritional needs change for an individual with rickets. **(2 marks)**

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7. i) Identify **two** possible causes of type 2 diabetes. **(2 marks)**

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ii) Give an example of a food which should be avoided by a person suffering from type 2 diabetes. **(1 mark)**

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8. Identify **two** possible risk factors of hypertension. **(2 marks)**

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9. Describe how a high intake of fats may affect cardiovascular health. **(2 marks)**

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10. Evaluate how improper intake of micronutrients may affect dental health. **(4 marks)**

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11. Assess dietary needs of a teenage girl in order to prevent iron deficiency anaemia.

**(6 marks)**

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**Total marks \_\_\_\_\_ /32**