

**BA SANGAM COLLEGE**

**YEAR 13**

**HOME ECONOMICS**

**WORKSHEET 2**

**13.2.2 WHAT IS FOOD?**

- a. Define the two dietary patterns
- b. Differentiate between traditional and contemporary dietary patterns.
- c. Examine the influence of the dietary patterns on nutritional status.
- d. Evaluate and discuss ways of improving contemporary/current dietary patterns for better nutritional status.
- e. List 2 advantages and 2 disadvantages on contemporary diet and traditional diets.
- f. Differentiate between food fortification and enrichment with an example.
- g. Discuss reasons for people's disregard of traditional diets even though its benefits are known?
- (h) (i) Define the term fortification.  
(ii) State one reason milk is fortified with Vitamin D.
- (i) Explain one benefit of including traditional food in the diet.

**ESSAY QUESTION**

**Contemporary diets are replacing traditional diets in Fiji.**

With reference to contemporary diets, discuss how the factors listed below affect the nutritional status of an individual.

- Food processing
- Cooking method used
- Use of preservatives
- Changing role of men and women.

**13.2.3 DIET & HEALTH**

- a. Explain the relationship between diabetes and kidney disease.
- b. State **one** dietary measure for the prevention of haemorrhoids.
- c. State **one** significant habit of a person suffering from orthorexia nervosa.
- (d) State how snacking contributes to nutrition related problems.
- (e) State one way rheumatic fever can be prevented.
- (f) Explain the importance of the Food and Health Guidelines for Fiji in nutrition education.
- (g) Define premature death.
- (h) State **one** cause of childhood obesity.
- (i) Explain why the statement given above is a concern for all Fijians.
- (j) Gout is a type of arthritis.**
- (i) Explain the disease gout.
- (ii) Explain how purines contribute to the disease gout.
- (iii) State **two** ways lifestyle has contributed to the onset of gout.

Explain the importance of the School Canteen Policy.

**ESSAY QUESTIONS**

Contemporary diets have contributed to an increase in nutritional related diseases in Fiji.

Discuss two aspects of Contemporary diet that causes:

- Gout
- Obesity
- Diabetes
- Hypertension