

PENANG SANGAM HIGH SCHOOL

HOMEECONOMICS

YEAR 13

WORKSHEET (WEEK 5)

(a) The consumption of processed food has increased among Pacific Islanders.

(i) Give **two** reasons for the increase.

(ii) State **two** reasons why over consumption of processed food is not good for the health.

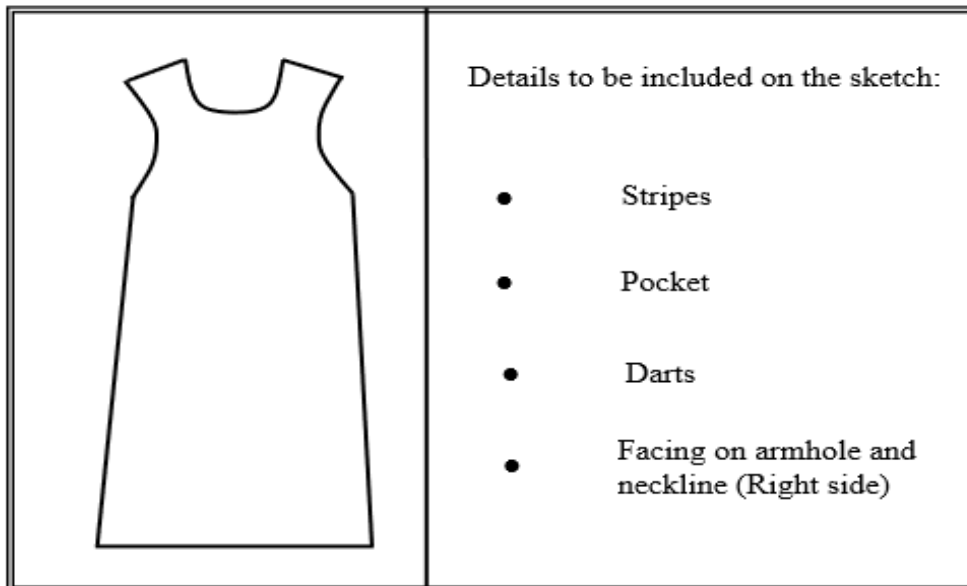
(b) A fairly large section of our population is suffering from hypertension today.

(i) Briefly explain how saturated fats in the diet can contribute to hypertension.

(ii) State **two** dietary measures which could prevent hypertension.

(c) Explain why calcium and phosphorus are needed during old age.

(d) The dress illustrated below is to be worn by a tall and slim figure.



(i) Complete the sketch (Label the included details.)

(ii) Describe a suitable colour for the dress above.

(e) Local materials have been used to compliment designs. Identify one local material that can be used and describe how it is used to compliment the design of a garment.

Essay

It is alarming to note that NCDs are creating havoc in Fiji and the Pacific and causing 80% of deaths in our country.

With reference to the above statement, discuss two

- Reasons for the statement above.
- Ways NCDs cause death.
- Preventative measures for NCDs.
- Dietary advice to treat NCDs.