

SANGAM SKM COLLEGE – NADI

YEAR 11

HOME ECONOMICS

WEEK 5 WORKSHEET

MODEL ANSWERS

NUTRITIONAL DISEASES

1. Differentiate between dietary excess and deficiency with examples.
 - **Dietary excess is when there is too much nutrients in the body than what the body requires e.g. obesity whereas dietary deficiency is when there is less nutrient in the body than what the body requires e.g. iron**
2. Explain the term “Energy in balance”.
 - **Energy input should be equal to the amount of energy output**
3. Discuss how early weaning is one of the factor towards causing PEM disease
 - **They may be fussy, sad, or even angry at you for not letting them breastfeed. Babies may be more likely to get sick. Breastfeeding helps to prevent some common childhood illnesses, so the sudden weaning of a newborn or young infant can put them at greater risk for ear infections and respiratory infections.**
4. Define the following terms
 - a. Hypotension
 - **Hypotension is low blood pressure. Your blood pushes against your arteries with each heartbeat. And the pushing of the blood against the artery walls is called blood pressure. Having a lower blood pressure is good in most cases (less than 120/80). But low blood pressure can sometimes make you feel tired or dizzy.**
 - b. Hypertension
 - **High blood pressure (hypertension) is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease**