

BA SANGAM COLLEGE

YEAR 13

HOME ECONOMICS

WORKSHEET 5

HEC 13.2.3 DIET & HEALTH

1. Explain the importance of providing nutrition education to the community.
2.
 - a. Discuss the effect of the School Canteen Policy.
 - b. Discuss ways to effectively monitor this policy in school.
3. State two effects of good nutrition.
4. Identify the two types of nutritional status and two signs of each.
5. State the difference between optimal and adequate diet.
6. List two modifiable and non-modifiable risks of NCDs.
7. Describe how the following factors contribute to Nutritional Related problems:
 - a. Diet
 - b. Lifestyles
 - c. Poor food habits
 - d. Hygiene Practices
8.
 - a. Differentiate between acute and chronic kidney problem.
 - b. Explain the relationship between kidney disease and diabetes.
 - c. State two preventative measures of kidney disease.
9. Identify and discuss the causes of malnutrition.
10.
 - a. Differentiate orthorexia and bulimia nervosa.
 - b. State two causes and symptoms of it.
11. When is World Food Day celebrated?