



3055 BA SANGAM COLLEGE

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Worksheet 21

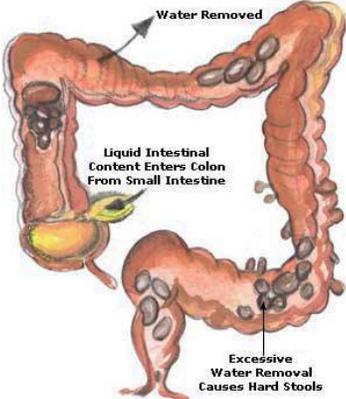
School: Ba Sangam College

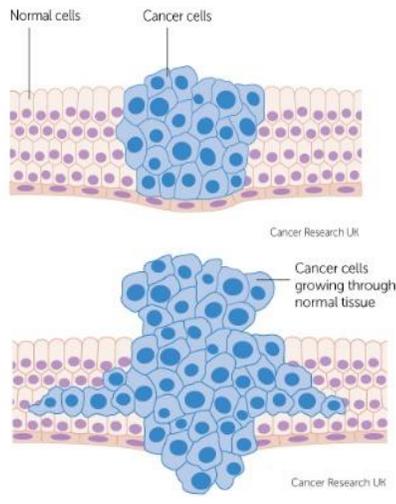
Year:12

Subject: Home Economics

Name: _____

Strand	2 HEC 12.2 Food and Nutrition
Sub strand	HEC 12.2.3 Diet and Health
Content Learning Outcome	HEC 12.2.3.1 Explore the utilization of micronutrients and the effects of malconsumption by individuals.

Deficiency diseases	Explanation	Nutrient deficient	Symptoms
<p>CONSTIPATION/ HEMORRHOIDS</p> 	<p>Constipation is an acute or chronic condition in which bowel movement occurs less often than usual or consists of hard dry stools that are painful or difficult to pass.</p> <p>It can lead to:</p> <ul style="list-style-type: none"> • Bowel obstruction • Chronic constipation • Hemorrhoids • Hernia 	<p>Results from:</p> <ul style="list-style-type: none"> • Not exercising • Not drinking plenty of water • Not eating recommended amount of dietary fibre. <p>others include; fissure, kidney failure, colon cancer, depression,</p>	<p>Feel bloated</p> <ul style="list-style-type: none"> • Headache • Swollen abdomen • Pass rock like feces; or strain • Bleed • Feel pain during bowel movement
<p>Dehydration</p> 	<p>A condition caused by excessive loss of water from the body, which causes a rise in blood sodium.</p>	<ul style="list-style-type: none"> • Excessive sweating • Vomiting, diarrhea • Water loss accompanied by a deficiency of electrolytes. 	<ul style="list-style-type: none"> • Increased thirst • Dry mouth and swollen tongue • Weakness & dizziness • Confusion • Sluggishness fainting • Fainting

<p>Cancer</p> 	<p>It is a disease caused by uncontrolled division of abnormal cells in parts of the body.</p> <p>Groups of cancer include:</p> <ul style="list-style-type: none"> • Carcinomas • Lymphomas • Leukemias • Brain tumors • Sarcomas 	<ul style="list-style-type: none"> • Most cancers start due to gene changes that happen over a person's lifetime. • More rarely cancers start due to inherited faulty genes passed down in families. 	<p>Lump in breast – breast cancer.</p> <ul style="list-style-type: none"> ✓ Coughing, chest pain and breathlessness. ✓ Changes in bowel. ✓ Bleeding in urine, between periods, from back passage, when you cough, in vomit ✓ Unexplained weight loss.
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Activity

(10 marks)

1. Explain the following diseases;

a. Constipation

b. Dehydration

c. Cancer

2. Which nutrient is deficient if a person is suffering from constipation?

3. How can you ensure you do not get dehydrated?
