Nutritional Needs of Specific groups

1. What are the specific needs of a pregnant person? [8 marks]

2. How can you encourage elderly people in increase their water intake? Explain why this is important [8 marks]

3. List three factors that influence the nutritional needs and food intake of individuals. [3 marks]

4. Describe the features of a healthy food environment. [2 marks]

5. What does Reference Nutrient Intake (RNI) mean? (1 mark)

6. Explain the importance of reaching peak bone mass in adulthood, and why healthy eating habits in adolescence are important for this and other reasons. (8 marks)

7. Describe and explain the nutritional needs of children aged 6-12 years [6 marks]

8. Explain why pregnant women need to include some Vitamin A in the diet but are advised not to exceed recommended amounts. [4 marks]

9. Explain the meaning of the following terms. [4 marks]
   (i) BMR (basal metabolic rate)
   (ii) GI (glycemic index)

10. Explain why it is important for primary and secondary school children to eat during the school day. [10 marks]

11. Give two reasons why foods containing fat are important in the diet. [2marks]

12. Assess the dietary implications related to following a strict vegan diet [6 marks]

13. Identify one group of people who may suffer from a lack of HBV protein in their diet [1 mark]

14. Explain the meaning of the following terms.
   (i) Reference Intake (RI) [2 marks]
   (ii) Physical Activity Level (PAL) [2 marks]

15. An increasing number of families are experiencing food poverty. Discuss the possible implications of food poverty on the health of families. [10 marks]

16. Outline the function of haemoglobin in the body [2 marks]

17. Explain two factors affecting Basal Metabolic Rate (BMR) [2 marks]

18. Religious beliefs can determine food choice. Assess how nutritional needs can be met when following specific diets based on religious principles. [8 marks]

19. State two functions of riboflavin in the body [2 marks]

20. Give two reasons why lipids are important in the diet. [2 marks]

21. Discuss the types and function of dietary iron. [3 marks]

22.

Nutrient Name	Source	Function	Deficiency / excess
VItamin A: Retinol			
Vitamin A: Carotenoide			
Vitamin D: chemical name - cholecalciferol			
Vitamin E: chemical name - tocopherol			
Vitamin K: chemical name - phylloquinone			
Vitamin B1 (Thiamine)			
Vitamin B2 (Riboflavin)			
Niacin			
Vitamin B5 Pantothenic acid			
Vitamin B6 Pyridoxine			
Vitamin B7, Biotin			
Vitamin B9, Folate/Folacin			
Vitamin B12 (Cobalamin)			
Vitamin C: chemical name - ascorbic acid			
Calcium			
Magnesium			
Phosphorus			
Potassium			
Sodium			
Fluoride			
Iodine			
Iron			
Zinc			