

### **Dietary Diseases:**

1. Give advice to the following individuals on how to make appropriate food choices. [6 marks]
  - A teenager with type 2 diabetes.
  - An adult male sedentary worker identified as having a high risk of coronary heart disease.
2. Explain how certain eating habits, lifestyle and the environment can lead to a person becoming obese. [8 marks]
3. Explain how obesity can lead into development of other non-communicable diseases [8 marks]
4. Explain two ways in which dental disease can be prevented [2 marks]
5. Explain who might suffer from diverticular disease and give suggestions on ways to avoid it. [8 marks]
6. Identify one group of people who may suffer from a deficiency of vitamin B12. [1 mark]
7. Identify two possible effects of a diet high in salt. [2 marks]
8. Outline the consequences of an energy imbalance.[4 marks]
9. Discuss why many elderly people in the UK have an unsatisfactory nutritional intake [8 marks]
10. Discuss how medical conditions impact on nutritional needs [6 marks]
11. Outline two diet related causes of obesity. [2 marks]
12. Examine the menu below: [4 marks]

Cream of tomato soup

Shepherd's pie with mashed potatoes, honey glazed carrots, buttered cabbage and beef gravy

Summer fruits cheesecake

Describe how you could adapt the menu to suit each of the following dietary needs. Give reasons for each adaptation.

- Coeliac (2 marks)
- Vegan (2 marks)

13. Name the condition caused by a dietary deficiency that leads to soft weak bones. [1 mark]  
(b) Explain how this condition could be prevented. [2 marks]
14. Discuss why consumers are being advised to reduce the intake of free sugars in the daily diet [8 marks]

15. Discuss the consequences of an individual not following the recommended daily intake for protein in the diet. [4 marks]
16. Give two dietary functions of protein in the diet. [2 marks]
17. Assess the use of cholesterol-lowering food products in the diet. [4 marks]
18. Obesity continues to be a major health challenge, made worse by enforced lock-downs. Assess how government obesity strategies could help in tackling levels of obesity. [8 marks]