

# Higher Health and Food Technology

## Food for Health:

### Book 4 ~ Dietary diseases

Outcome 1: Analyse the relationships between health, food and nutrition by:

- 1.1 Explaining benefits to health of a balanced and varied diet
- 1.3 Analysing the function and effects of nutrients on health
- 1.4 Explaining in detail the effects of diet related conditions or diseases on health

Outcome 2: Make and evaluate food products to meet dietary and health needs by:

- 2.2 Selecting and using appropriate ingredients and cooking methods to make a food product(s) to
  - meet the dietary and health needs of the specified individual or group of individuals
- 2.3 Evaluating how the food product meets the dietary and health needs of the specified individual or
  - group of individuals



Diet-Related conditions	
<ul style="list-style-type: none"> <li>• Obesity</li> <li>• Coronary heart disease</li> <li>• Type 2 diabetes</li> <li>• Osteoporosis</li> <li>• Anaemia</li> <li>• Bowel disease</li> </ul>	

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## Obesity:

This is caused when an individual becomes so overweight that the extra weight is a danger to their health, they are classed as being obese; normally based on being 20% heavier than their ideal body weight.



### ***Effects on health:***


Increased risk of high blood pressure due to the heart being put under a lot of strain from carrying extra weight may increase the risk of:

- strokes
- heart disease
- developing Type 2 Diabetes
- some types of cancer,
- strain on joints, e.g. hip knee which may lead to wear and tear and arthritis

Diet related causes	Reasons for high/low intake	Impact on health
High sugar diet	<ul style="list-style-type: none"><li>• Foods high in sugar are eaten daily between meals or instead of meals</li><li>• Energy drinks are being consumed on a regular basis to supplement the diet</li></ul>	High quantities of sugar in the diet provide excess calories which if not used for energy contribute to weight gain/obesity
High-fat diet	<ul style="list-style-type: none"><li>• Lack of time leading to less preparation of meals from scratch, leading to high intake of convenience foods</li><li>• Greater reliance on take away foods</li></ul>	Fat not used for its normal function results in excess calories being stored by the body leading to weight gain, Over a period of time this can lead to <b>obesity</b> .

	<ul style="list-style-type: none"> <li>• More disposable income available leading to eating out of the home</li> </ul>	
<b>Reluctance to eat fresh fruit and vegetables</b>	<ul style="list-style-type: none"> <li>• <b>Some people prefer to snack on high-fat and sugar foods rather than fruit and vegetables.</b></li> <li>• <b>There may be limited availability in the home due to cost or lack of knowledge about how to prepare these foods</b></li> <li>• <b>Peer pressure especially amongst teenagers</b></li> </ul>	Fruit and vegetables contain fibre so give a feeling of fullness in the diet. A lack of fruit and vegetables often results in snacking on high fat/sugar foods, providing the body with excess calories therefore contributing to <b>obesity</b> .
<b>Increased consumption of pre-prepared convenience meals in the home</b>	<ul style="list-style-type: none"> <li>• <b>Lack of time to prepare meals from scratch</b></li> <li>• <b>Lack of skills to prepare foods from scratch</b></li> <li>• <b>Single person households, lack of motivation to cook/prepare foods</b></li> </ul>	<b>Many pre-prepared foods/convenience foods lack sufficient quantities of fresh fruit and vegetables and are high in fat increasing the risk of weight gain/obesity if consumed on a regular basis.</b>

<b>Non- dietary Causes</b>	<b>Reasons</b>	<b>Impact on health</b>
<b>Advertising and media</b>	<ul style="list-style-type: none"> <li>• Promotion of high fat/sugar foods and drinks in magazines and during popular programmes making</li> </ul>	As these foods are often high in fat/sugar a high consumption of these foods leads to additional calories which are then stored in the body as fat contributing to <b>obesity</b> .

	<p>them appealing and increasing consumption</p> <ul style="list-style-type: none"> <li>Many food offers in store promote foods high in fat/sugar</li> </ul>	<p>As the foods are priced lower consumption may increase. This may result is excess calories in our diet contributing to <b>obesity</b>.</p>
Lack of exercise and physical activity	<ul style="list-style-type: none"> <li><b>Increased use of cars by all members of the family, e.g. teenagers do not walk to school.</b></li> <li><b>Lack of sports facilities locally or the cost may be too high.</b></li> <li><b>An increasing number of teenagers just watch TV or play computer games.</b></li> <li><b>Parents may be inactive and not encourage teenagers to take part in sports outside school.</b></li> </ul>	<p>Calories consumed are not being used for physical activity and therefore being stored in the body contributing to weight <b>gain/obesity</b>. Lack of facilities and an increased need to travel to take part in sport may decrease motivation and reduce participation increasing the risk of <b>obesity</b>.</p> 
Family income	<ul style="list-style-type: none"> <li>Where income is limited, cheaper, poorer quality foods may be bought often high in fat/sugar, in preference to more expensive protein foods or fruit and vegetables.</li> <li>Foods high in fibre such as fruit and vegetables may not be purchased by families on a low income for fear of waste</li> <li>Where there is disposable income (Excess) more money is available to eat out with the home/take away meals or luxury foods on a regular basis</li> </ul>	<p>This may result in higher fat/sugar foods being purchased and consumed on a regular basis so increasing the risk of <b>obesity</b>.</p> <p>Fruit and vegetables contain fibre so give a feeling of fullness in the diet. A lack of fruit and vegetables often results in snacking on high fat/sugar foods, providing the body with excess calories therefore contributing to <b>obesity</b>.</p>
Lifestyle	<ul style="list-style-type: none"> <li><b>Lack of time for shopping – hence the preference for quick-to-prepare meals which require little</b></li> </ul>	<p>Convenience foods are often high in fat and sugar, therefore regular consumption could increase calorie intake and</p>

	food preparation and cooking. • Increased ownership of microwaves and freezers make convenience-type foods very useful for busy families.	therefore increase the risk of obesity.  999
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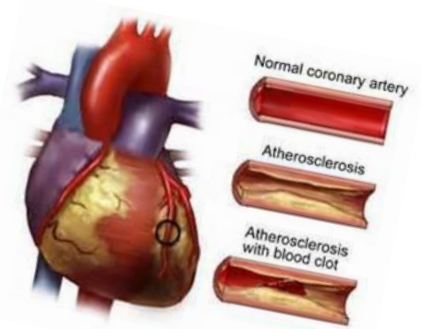
## Coronary Heart Disease (CHD)

Heart disease results when the arteries that carry blood from the heart become narrowed with a gradual build-up of fatty material, called cholesterol.

### *Effects on health:*

Narrowed arteries may struggle to deliver enough oxygen-rich blood to the heart. The heart is starved of oxygen, which can lead to angina (chest pains). If a piece of cholesterol breaks off, it may cause a blood clot to form and block the arteries. If the blockage is close to:

- the heart, it may cause a heart attack
- the brain, it may cause a stroke



Diet related causes	Reasons	Impact on health
High sugar intake	Sweets or other foods high in sugar provide the body with excess calories which if not used are stored in the body leading to obesity.	This excess weight gain/obesity can lead to Type 2 diabetes which increases the risk of <b>CHD</b> .
High total or saturated fat intake	<ul style="list-style-type: none"> <li>• Foods high in saturated fat contain LDL (bad) cholesterol.</li> <li>• Excess fat in the diet not used for normal</li> </ul>	LDL cholesterol leads to fatty deposits being left on artery walls, restricting blood flow to the heart causing <b>angina</b> (chest pain). If a part breaks off it can lead to a complete blockage <b>heart attack/CHD</b> Being overweight leads to problems such as high blood

	functions will be stored as fat, contributing to obesity.	pressure or diabetes, both of which are risk factors that can lead to <b>heart disease/CHD</b>
<b>High salt intake</b>	<ul style="list-style-type: none"> <li>Too many processed foods in the diet can contribute to a high salt intake, which causes blood pressure to raise.</li> </ul>	High blood pressure increases the pressure on the heart and therefore contributes to <b>CHD</b> .
<b>Too few polyunsaturated fats:</b>	<ul style="list-style-type: none"> <li>Polyunsaturated fats/omega 3 help reduce LDL cholesterol from the arteries.</li> <li>Polyunsaturated fats reduce the risk of blood clots forming.</li> </ul>	<p>As omega-3, an essential fatty acids, helps reduce cholesterol from building up, a lack of this essential fatty acid in the diet increases the risk of <b>CHD</b></p> <p>If blood clots form they can lead to partial or total blockage of the arteries or travel round the body increasing the risk of <b>CHD</b></p>
<b>Diet low in dietary Fibre</b>	<b>These foods give a feeling of fullness preventing snacking on high fat sugary foods.</b>	When foods high in fat/sugar are consumed excess calories are stored in the body contributing to obesity, this increases the risk of <b>CHD</b> .
<b>Too little fruit and vegetables in the diet</b>	<ul style="list-style-type: none"> <li><b>Fruit and vegetables are good sources of antioxidant vitamins – the ACE vitamins, which prevent ‘free radicals’ from being neutralised gives us some protection against heart disease.</b></li> <li><b>ACE vitamins also slow down the rate at which LDL cholesterol is deposited on the artery walls</b></li> </ul>	<p><b>This may cause cell damage increasing the risk of CHD.</b></p> <p><b>The lack of antioxidants will reduce the LDL cholesterol being broken down and removed from the arteries, increasing the risk of CHD.</b></p>
<b>High alcohol intake</b>	<ul style="list-style-type: none"> <li><b>Alcohol is high in calories and excess energy will be stored in the body</b></li> </ul>	Excess calories are stored in the body contributing to obesity, this increases the risk of <b>CHD</b> .



Lifestyle causes	Reasons	Impact on health
<b>Obesity/Overweight</b>	<ul style="list-style-type: none"> <li>● <b>Lack of time to prepare foods may increase the consumption of ready meals/takeaway meals. These are often high in calories/fat.</b></li> <li>● <b>Lack of physical activity</b></li> <li>● <b>Unbalanced diet</b></li> </ul>	<p>Being overweight leads to problems such as high blood pressure or diabetes, both of which are risk factors that can lead to <b>heart disease/CHD</b></p>
<b>Lack of regular exercise</b>	<ul style="list-style-type: none"> <li>● Exercise reduces stress, where there is a lack of exercise blood pressure increases</li> <li>● Regular exercise helps maintain a healthy body weight, a lack of exercise can contribute to obesity</li> </ul>	<p>When blood pressure increases, it creates pressure in the artery walls increasing the risk of <b>CHD</b>.</p> <p>Obesity/ Being overweight leads to problems such as high blood pressure or diabetes, both of which are risk factors that can lead to <b>heart disease/CHD</b></p>
<b>Smoking</b>	<ul style="list-style-type: none"> <li>● Tar in cigarettes thickens blood, increasing the risk of blood clots.</li> <li>● Nicotine also makes the heart muscle work harder so increasing the pressure on the heart leading to High blood pressure</li> </ul>	<p>Blood clots can cause a blockage in the arteries leading to <b>coronary thrombosis</b></p> <p>When blood pressure increases, it creates pressure in the artery walls increasing the risk of <b>CHD</b>.</p>

<b>Low Income</b>	<ul style="list-style-type: none"> <li>This may result in poor eating choices as many foods on offer, tend to be high in salt, fat and sugar this may result in obesity.</li> </ul>	Being overweight leads to problems such as high blood pressure or diabetes, both of which are risk factors that can lead to <b>heart disease/CHD</b>
<b>High Income</b>	<ul style="list-style-type: none"> <li>This leads to greater disposable income so families may choose to eat out more. Eating a balanced diet which are low in fat/sugar and salt are more difficult so energy input and output may not match.</li> </ul>	Excess calories are stored in the body contributing to obesity, this increases the risk of <b>CHD</b> . Foods high in salt increase blood pressure, creating pressure in the artery walls increase the risk of <b>CHD</b> .

## Diabetes

During digestion food is broken down into glucose and used for energy. The pancreas, makes a hormone called insulin to help the glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should, resulting in a build-up of sugars in the blood.

### Type 2 Diabetes

Occurs when there is not enough insulin produced or the insulin that is made by the body doesn't work properly.

This type affects people as they get older but is becoming common in young children, teenagers and overweight/obese people due to a poor

diet. This type is usually treated with a healthy diet, including complex carbohydrates.

***Effects on health:***

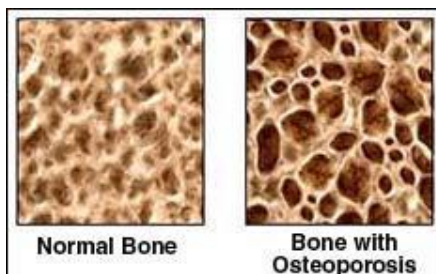
People with diabetes are more at risk of:

- Heart disease
- Strokes
- High Blood Pressure
- Kidney Failure
- Blindness
- Circulation problems, which may result in amputation of one or both legs

Diet related causes	Reasons	Impact on health
<b>High sugar diet</b>	<ul style="list-style-type: none"> <li>Sweets contain high quantities of or sugar which can contribute to weight gain, especially if eaten daily between meals or instead of meals</li> </ul>	Weight gain increases the need for insulin. The pancreas cannot then produce enough insulin so blood sugars are not broken down and the risk of <b>type 2 diabetes</b> increases
<b>High-fat diet</b>	<ul style="list-style-type: none"> <li>Fast foods and snack consumption are both high in fat. These are popular especially with teenagers and have a high fat and energy content and can lead to weight gain</li> </ul>	Weight gain increases the need for insulin. The pancreas cannot then produce enough insulin so blood sugars are not broken down and the risk of <b>type 2 diabetes</b> increases
<b>Reluctance to eat fresh fruit and vegetables</b>	<p><b>Some people prefer to snack on high-fat and sugar foods rather than fruit and vegetables.</b></p> <ul style="list-style-type: none"> <li>There may be limited availability in the home due to cost or lack of knowledge about how to prepare these foods.</li> </ul>	This results in a lack of dietary fibre which helps maintain lower blood sugar levels so increases the risk of <b>type 2 diabetes</b>
<b>Increased consumption of</b>	<ul style="list-style-type: none"> <li>These foods can be high in fat and sugar so may lead to weight gain</li> </ul>	Weight gain increases the need for insulin. The pancreas cannot then produce enough insulin so blood sugars are

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Reluctance to eat fresh fruit and vegetables	<p><b>Some people prefer to snack on high-fat and sugar foods rather than fruit and vegetables.</b></p> <ul style="list-style-type: none"> <li>There may be limited availability in the home due to cost or lack of knowledge about how to prepare these foods.</li> </ul>	This results in a lack of dietary fibre which helps maintain lower blood sugar levels so increases the risk of <b>type 2 diabetes</b>
Increased consumption of pre-prepared convenience meals in the home	<ul style="list-style-type: none"> <li>These foods can be high in fat and sugar so may lead to weight gain</li> </ul>	Weight gain increases the need for insulin. The pancreas cannot then produce enough insulin so blood sugars are not broken down and the risk of <b>type 2 diabetes</b> increases



## Osteoporosis:

Osteoporosis means 'porous bones' and is also known as brittle bone disease, this is where our bones lose some calcium.

Osteomalacia results when, due to a lack of vitamin D, calcium or phosphorus, adults' bones become brittle.

### *Effect on health:*

Bones become thinner and weaker, which makes them more liable to break. Some individuals experience backache or notice they are getting shorter and developing a due to the spine bones becoming weaker.

Diet related causes	Reasons	Impact on health
High fat/saturated fat Intake	<ul style="list-style-type: none"><li>Fats form insoluble soaps with calcium preventing absorption</li></ul>	A lack of calcium in the diet increases the risk of <b>osteoporosis</b>
Lack of Calcium / Phosphorus/ Vitamin D	<ul style="list-style-type: none"><li>These three nutrients work together to ensure bones are strong. If any of the elements are missing from the interrelationship then bones will become/form weak</li></ul>	As a result bones will become brittle easier therefore they are more likely to develop <b>osteoporosis</b> or fractures will take longer to heal.
High intake of dietary fibre	<ul style="list-style-type: none"><li>High intakes of fibre can result in calcium being removed from the body</li></ul>	A lack of calcium in the diet increases the risk of <b>osteoporosis</b>
High sodium intake	<ul style="list-style-type: none"><li>Too much sodium in the diet causes calcium to be lost from the bones</li></ul>	Bones become weaker and therefore the risk of <b>osteoporosis</b> increases

Lifestyle causes	Reasons	Impact on health
Smoking	<ul style="list-style-type: none"><li>Nicotine leads to bone loss</li></ul>	Bones become weaker therefore increasing the risk of <b>osteoporosis</b>
Lack of exercise	<ul style="list-style-type: none"><li>Exercise strengthens bone mass, therefore this any result in bones becoming weaker.</li></ul>	Bones become weaker therefore increasing the risk of <b>osteoporosis</b>
Too much alcohol	Alcohol is a toxin to the bone cells which may lead to decreased bone density.	This will put you at greater risk of developing osteoporosis in later life.

## Anaemia:

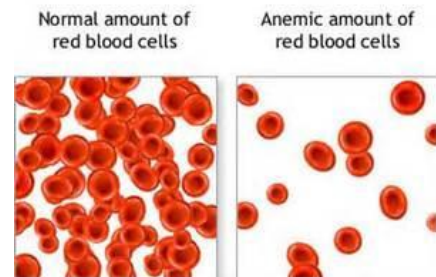
### WHAT IS IT?

Red blood cells do not have their full quota of haemoglobin – resulting in less oxygen being carried around the body and cells not working efficiently

**SYMPTOMS INCLUDE:** tiredness, listlessness, pale skin, breathless.

### VULNERABLE GROUPS:

- Adolescent girls and women who are menstruating
- Pregnancy
- Babies – store only lasts first 4 months/Children
- Vegetarians especially vegans



Diet related causes	Reasons	Impact on health
<b>Lack of Iron rich foods</b>	<ul style="list-style-type: none"><li>• Iron rich foods provide the body with haemoglobin which helps transport oxygen around the body</li></ul>	A lack of iron could result in <b>tiredness and a lack of breath</b> which can cause additional health problems
<b>Low intake of Vitamin C</b>	<ul style="list-style-type: none"><li>• Vitamin C is needed to change iron into a more absorbable state, a lack of vitamin C would make the iron unavailable to the body.</li></ul>	This can lead to iron deficiency anaemia, with other symptoms such as <b>tiredness, paleness and a lack of breath</b> also may be shown
<b>Snacking on foods</b>	<ul style="list-style-type: none"><li>• Snacking on foods may result in nutrients being missed in the diet. This can result in a lack of iron.</li><li>• Many snack foods are high in fat. Fats especially saturated fats</li></ul>	A lack of iron over a period of time in the diet could result in iron stores being used up by the body resulting in <b>anaemia</b> . Iron will be removed from the body without being used leading to iron deficiency <b>anaemia</b>

	combine with iron to form insoluble soaps this result in the iron being unavailable to the body	
<b>High intake of dietary fibre/Phytic acid (found in green leafy vegetables)</b>	<ul style="list-style-type: none"> <li>Increased fibre (18g per day) is recommended in current dietary advice, if high levels of fibre are consumed with iron rich foods these bind with the iron and remove them from the body</li> </ul>	Iron will be removed from the body without being used leading to iron deficiency <b>anaemia</b>

Lifestyle factors	Reasons	Impact on health
<b>Religion/moral beliefs/</b>	Less red meat may be eaten for health or personal choice reasons, e.g. vegetarians or to reduce saturated fats	<p>Less iron is provided in the diet so increasing the risk of <b>anaemia</b> with all associated</p> <p>You may have less resistance to infection and you may <b>feel the cold</b> more.</p>

## Bowel Disorders

### WHAT IS IT?

A number of different diseases can be categorised as bowel disorders. These include constipation, diverticular disease and bowel cancers.

**SYMPTOMS INCLUDE :** abdominal pain, flatulence, diarrhoea

### CAUSE:

- Low fibre diet
- Too many refined/convenience foods
- High fat/red meat in the diet
- lack of physical activity

**VULNERABLE GROUPS:** Elderly/Children/Teenagers.



## How do bowel disorders affect your health?

Diet related causes	Reasons	Impact on health
Lack of fibre	<ul style="list-style-type: none"> <li>This results in faeces being hard leading to pain/ strain on the muscle walls</li> </ul>	Can lead to <b>bloating, wind, constipation and diverticular disease</b>
Lack of water	<ul style="list-style-type: none"> <li>Water is needed with fibre to soften faeces. If there is a lack of water then waste becomes hard and difficult to remove from the body</li> </ul>	As a result <b>constipation</b> along with the other symptoms (wind/bloating) can occur. Removing waste from the body can cause the walls of the intestine to weaken due to the additional pressure, pockets form leading to <b>diverticulitis</b> . If pouches become infected by waste then this can lead to extra <b>pain/infection</b>
Lack of fruit and vegetables in the diet	<ul style="list-style-type: none"> <li>Some people prefer to snack on high-fat and sugar foods rather than fruit and vegetables. This results in a diet low in NSP</li> <li>Fruit and vegetables also contain water which if lacking can make waste hard</li> </ul>	As a result the muscular walls of the intestine have to work harder to move the faeces along which can lead to <b>constipation and diverticular disease</b>
Increased consumption of pre-prepared: convenience meals in the home/eating out	<ul style="list-style-type: none"> <li>these foods can be very low in dietary fibre and high in fat and sugar</li> <li>The foods may also be high in calories which will contribute to weight gain if energy is not used up</li> </ul>	Can lead to <b>bloating, wind, constipation and diverticular disease</b> As extra fat is consumed it is thought there is a link between fat and <b>bowel cancer</b> so the risk would increase Obesity is also linked to <b>bowel cancers</b> so consumption of convenience foods over a long period of time will increase risk.

Lifestyle factors	Reasons	Impact on health
Lack of Regular exercise	Regular exercise improves the effectiveness of the digestive system helping push food along the gut and through the bowel	Without regular exercise this reduces the effectiveness of the bowel making <b>constipation</b> more likely, which over a



		period of time can lead to other <b>bowel disorders</b>
<b>Lack of time/skills</b>	A lack of time to prepare fresh foods/skills to prepare fresh foods can lead to a reliance on convenience foods. These foods are often high in fat/sugar and salt and low in fibre or fresh vegetables.	As these foods chosen to not provide adequate amounts of fibre faeces will not become soft making them harder to remove from the body increasing the risk of <b>constipation</b> and other <b>bowel disorders</b>

## Additional information

### *Constipation:*

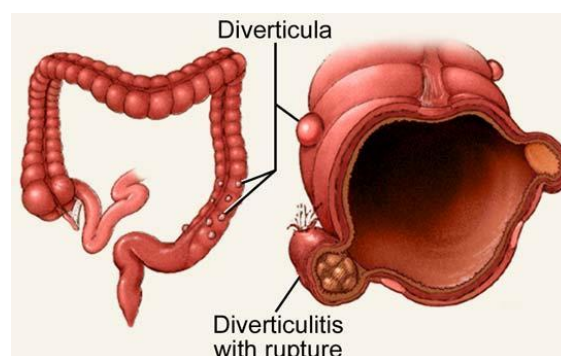
- Constipation is usually caused by a lack of fibre and water in the diet.
- Faeces become hard and difficult to remove from the body

### *Diverticular disease:*

- If extra strain is put on the muscular walls of the small intestine because of constipation, then diverticular disease may develop.
- If the faeces are small and hard due to a lack of NSP and water, then the muscular walls of the intestine have to work harder to move the faeces along.
- This results in increased pressure in the intestine. Pouches of the bowel lining are forced through weak spots in the intestinal walls to form small pockets, called diverticula, and where they occur the subject is said to be affected by diverticulitis.

### **Bowel Cancer:**

- Research has shown that a diet high in fat and red meat and low in fibre, fruit and vegetables can increase the risk of bowel cancer.
- Obesity, high alcohol intake and lack of exercise have also been linked to bowel cancer.



## **Learning Activities**

### **Activity 1**

Using the following headings complete a set of notes for each of the dietary diseases.

- Name of disease
- Cause
- Symptoms
- Prevention
- Most at risk

You can use both your course notes and the resource area in the classroom to complete this task.

EXAMPLE:

**Name of disease:** Anaemia

**Cause:** Lack of iron in the body, due to poor absorption or lack of iron in the diet.

- Symptoms:** Less haemoglobin in red blood cells resulting in tiredness, shortness of oxygen, body cells not functioning correctly, tiredness.
- Prevention:** -Ensure diet contains sufficient amounts of iron, e.g. eggs, red meat green leafy vegetables.  
 -Avoid too many foods containing NSP or Phytates as less iron will be absorbed easily absorbed.  
 -A course of Iron tablets.
- Most at risk:** Infants, teenagers (especially females), women especially pregnant or breastfeeding, vegetarians

## Activity 2

Anaemia prevention/Iron revision

1. Which vitamin works with iron to change it into a form more easily used by the body?
2. When iron is lacking which nutrient will help produce haemoglobin.
3. Identify one group of people who are at risk of anaemia.
4. Identify and explain two factors that increase the risk of iron deficiency anaemia.
5. List 4 foods rich in iron
6. List 4 foods rich in vitamin C

## Activity 3

1. What is the deficiency disease caused by having too little haemoglobin?  
(1)
2. What is the main health benefit of having Omega 3 in the diet? (1)
3. What does the abbreviation CHD stand for? (1)
4. How does tooth decay begin? (1)
5. Give 2 reasons for diverticulitis. (2)
6. Identify and explain 2 ways to prevent obesity. (3)
7. Explain 2 health problems associated with obesity (2)
8. What is osteoporosis? (1)
9. Explain the term safe intake? (1)
10. What does the term DRV stand for? (1)
11. What does the abbreviation RNI stand for? (1)

## Exam Style Questions

1. Explain four health problems associated with obesity  
(4)
2. Explain one cause and one effect on health of each of the following dietary diseases.

- Diverticulitis
- Hypertension
- Osteoporosis
- Coronary heart disease (8)

3. Explain two groups of people other than teenage girls who are likely to suffer from anaemia. (2)

4. Evaluate the suitability of the following meal for someone training for a half marathon:
- Broccoli and orange soup
  - Wholemeal roll
  - Pasta with tuna, tomato and herb sauce (4)

5. Describe four dietary guidelines for weaning (4)

6. Evaluate the suitability of this packed lunch for a nursery child.
- Wholemeal sandwich filled with cheese and tomato
  - Water
  - Chocolate covered raisins
  - Tube of yoghurt (4)

7. Evaluate the suitability of the following menu for a person who suffers from hypertension
- Mackerel pate with oatcakes
  - Cheese and onion flan
  - Green salad with baked potato
  - Fresh fruit with cream (5)

8. Evaluate the use of ready meals for a convalescent (4)

9. Evaluate the suitability of the following meal for a person with a family history of heart disease.

- Orange and melon cocktail
- Baked salmon wrapped in puff pastry
- Chips
- Steamed broccoli
- Cheese and oatcakes (6)

10. Describe four dietary guidelines to help reduce the risk of dental caries in teenagers (4)

**2011 ~ Health and Food Technology paper**

Q1 (d) Explain three dietary factors which may contribute to dental caries.  
(6)

**2011~ Health and Food Technology paper**

Q4 (c) Explain two dietary factors which may contribute to obesity.  
(4)

**2012~ Health and Food Technology paper**

Q1 (e) I Explain two factors, other than diet, which can contribute to coronary heart disease (CHD). (4)

**2012~ Health and Food Technology paper**

Q2(c) Explain three factors which may help to prevent osteoporosis.  
(6)

**2013~ Health and Food Technology paper**

Q1(b) Explain three dietary factors which may contribute to obesity  
(6)