**Assignment tile: The dietary needs of individuals**

**Issued: 13.2.20 Due in: 25.2.20**

 •Concept of balanced diet: (e.g. intake; energy balance; dietary reference values; food pyramids and Eatwell plate showing relative proportions of five food groups: meat, fish and alternatives; milk and dairy food; fruit and vegetables; foods containing fat/sugar; bread, other cereals and potatoes)

**P1 Identify the components of a balanced diet?**

**Fill out the table.**

•Components of a balanced diet: (e.g. carbohydrates, proteins, fats and oils, vitamins, minerals, fibre, water)

•Carbohydrates: simple (sugars), complex (starch and nonstarch polysaccharides), fibre

•Proteins: animal and plant sources, essential amino acids

•Fats and oils: animal fats, vegetable oils, fish oils; saturated, unsaturated and polyunsaturated

•Vitamins: A; B (complex); C; D; E and K

•Minerals: calcium; iron; sodium

•Fibre

•Water

**P2 Different dietary needs at each life stage PowerPoint presentation**

**Produce a presentation which identifies different dietary needs at each life stage. All life stages listed in the unit content should be included.**

•Life stages: infancy (0-3 years); childhood (4-10 years); adolescence (11-18 years); adulthood (19-65 years) including pregnancy and breast feeding; late adulthood (65+ years)

•Diet variation during life stage development: babies; children and adolescents; adults, older adults

•Babies: breast/bottle feeding, weaning

•Children and adolescents: to support growth and higher energy needs; weight management

•Adults: activity levels (e.g. variations according to occupation, lifestyle; decrease in energy needs; weight management; pregnancy and breastfeeding)

•Late adulthood: reduced metabolism, health issues (current/ prevention), cost, ability to shop

**M1 describe factors which can influence the diet of individuals**

**Produce a report which describes factors which can influence the diet of individuals.**

•Factors influencing the diet of individuals: e.g. examples

* Religion/culture,
* Social class,
* Personal preferences eg.

- vegetarianism,

- veganism,

- peer pressure,

* The media,
* Geographic location,
* Availability of food
* Financial resources).

**Assignment tile: Understand effects of unbalanced diets on the health of individuals**

**Issued: 9.3.20**

**Due in: 20.3.20**

**P3: Explain two medical conditions related to unbalanced diets:**

**Task:** P3 produce two leaflets, one for each medical condition you have chosen to research about. The focus of each leaflet is to inform adolescents of the possible effects of eating an unbalanced diet. Make sure each leaflet includes:

* a description of the condition
* The possible short term effects: link to PIES physical, intellectual, emotional and social health. Also add pictures of these effects.
* The possible long term effects: link to PIES physical, intellectual, emotional and social health. Also add pictures of these effects

**specific nutrient deficiencies**

* **anaemia**
* **rickets**
* **osteoporosis**
* **tooth decay**
* **night blindness**
* **beriberi**
* **scurvy**

**Pick 2 from this list: Medical conditions related to unbalanced diets:**

**malnutrition; over-nutrition:**

* **Obesity**
* **coronary heart disease**
* **type 2 diabetes;**

**under-nutrition:**

* **marasmus**
* **kwashiorkor**

**D1: Explain the ways in which strategies could be used to minimise the effects of unbalanced diets:**

**D1 in order to meet D1:**

Produce 2 more leaflets: but this time directed at those individuals affected by the medical conditions addressing a number of the strategies identified in the contents section. They would not be expected to cover all but merely explain some that are appropriate.

**Using the two medical conditions you explained in p3, you have to explain for each in detail how they can minimise the effects of medical conditions explained in P3.**

**Use the list of strategies below to guide you.**

• Strategies to minimise effects: (eg. weight loss diets, low fat diets, reduced salt diets, exercise plans, weight loss pills, gastric band operations, food supplements, high energy diets, high protein foods, vitamin and mineral supplements, counselling, hypnotherapy).

**Websites: Use the links below to help with your research:**

[www.bohs.org](http://www.bohs.org)

 [www.csci.org.uk](http://www.csci.org.uk)

 [www.doh.gov.uk](http://www.doh.gov.uk)

 [www.foodstandards.gov](http://www.foodstandards.gov)

[www.hse.gov.uk](http://www.hse.gov.uk)

 [www.foodtechnology.co.uk](http://www.foodtechnology.co.uk)

 [www.bhf.org.uk/schools](http://www.bhf.org.uk/schools)

 [www.livestrong.com](http://www.livestrong.com)

 [www.healthyweight4children.org.uk](http://www.healthyweight4children.org.uk)