

Task 1

Describe the following diet related conditions;

Osteoporosis

Cancer

Food intolerance

Allergy

Beriberi

Malnutrition

Obesity

Coronary heart disease

Dental caries

Task 2

Describe a macro and micro nutrient, give examples.

Task 3

Explain the term 'fortification'. Give examples of how it is used.

Task 4

Describe the diet of a pregnant woman, what can she eat and what foods can she not eat and why?

Task 5

Explain what the following trace elements do to the body and what foods are they found in?

Copper

Fluoride

Selenium

Iron

Potassium

Task 6

Name and explain each of the **B Vitamins**.

What do they do and what foods are they found in?

Vitamin B1

Vitamin B2

Vitamin B3

Vitamin B5

Vitamin B6

Vitamin B7

Vitamin B9

Vitamin B12

Task 7

Explain positive and negative energy balance. Explain how a teenager can achieve a positive energy balance?