

RISHIKUL SANATAN COLLEGE

YEAR 13 HOME ECONOMICS

ACTIVITY 2

INSTRUCTIONS

Refer to Chapter 7 of your textbook and answer the questions given below

DIET HEALTH AND NUTRITION

(a). Explain the following terms

1. Anorexia Nervosa
2. Bulimia
3. Binge Eating Disorder
4. Compulsive Eating Disorder
5. Orthorexia Disorder
6. Rheumatic Heart Disorder

(b) Discuss how the following factors have contributed to the prevalence of nutritional diseases in Fiji

- (i) Life style
- (ii) Diet

(c) Discuss how the change in diet has affected the nutritional status of Fiji's population.

(d) Discuss reasons why many traditional foods that are rich in proteins and vitamins are not regularly eaten today.

(e) Discuss the need to be concerned about the high incidence of kidney diseases in Fiji.

(f) Discuss the importance of the school Canteen Policy.

(g) Discuss ways to effectively monitor this policy in schools.