

**RISHIKUL SANATAN COLLEGE
YEAR 13 HOME ECONOMICS
ACTIVITY 3- ESSAY QUESTIONS**

INSTRUCTIONS

1. Refer to your notes and the text book to write an essay of about **180-200 words** .
2. Attempt both Questions.

QUESTION 1

Contemporary diets have contributed to an increase in nutrition related diseases in Fiji. Discuss two aspects of Contemporary diets that cause:

- Diabetes
- High blood pressure
- Haemorrhoids
- Anorexia

QUESTION 2

Meat and cereals are common food commodities in all households.

With reference to the above statement, discuss two

- Importance of having both meat and cereals in the diet
- Reasons why consumption of meat is reduced in the family.
- Dietary advice concerning the inclusion of cereals in family meals.
- Food **preparation** tips on retaining **quality** of meat