

RISHIKUL SANATAN COLLEGE

ACTIVITY 4

TOPIC: STUDY OF NUTRITION

INSTRUCTION

Answer the following questions

- (1) Obesity is a serious health problem in Fiji today.
Define the term Obesity

- (2) Explain how the following factors contribute to the prevalence of obesity.
 - *Food choices
 - *Life style

- (3) i. Define the term Gout
ii. Identify two main causes of gout.

- (4) Discuss how the following guidelines can help to prevent nutritional problems:
 - i. Use less salt.
 - ii. Eat more fibre rich foods.

- (5) The World Food Day is part of the National Food And Nutrition Committee's intervention Program.
 - i. Identify the date for this years World Food Day celebration.
 - ii. Explain how observing the World Food Day helps in minimizing nutritional problems in Fiji.

- (6) Suggest one way in which the media can help to educate the public on nutrition.

- (7) Explain why calcium and phosphorus are needed at old age.

- (8) The consumption of quality foods in many villages is gradually diminishing.
State one reason why there is a decline in the consumption of quality foods by villagers.

- (9) Many teen-age females are suffering from anemia today.
Explain why anemia is becoming more prevalent in teen-age girls today.

