



## WEEKLY HOME STUDY PACKAGE - WEEK 5 (02/08/21 – 06/08/21)

Subject	HOME - ECONOMICS	Year/Level	11
Strand	HEC: 2 Food And Nutrition		
Sub-strand	HEC 11. 2.3 Diet And Health		
Content Learning Outcome	Discuss the effect of excess/ lack of macro nutrients.		

### LESSON NOTES/ACTIVITY:

#### Nutritional Diseases of Macro Nutrients

Nutritional disease	Causes:	Signs:	Prevention:
<p><b>Obesity</b> defined as excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese.</p> 	<ul style="list-style-type: none"> <li>• excess body fat has accumulated to the extent that it may have a negative effect on health</li> <li>• consuming more calories than you burn off through physical activity.</li> <li>• The excess energy is then stored by the body as fat</li> <li>• Oversized food portions.</li> </ul>	<ul style="list-style-type: none"> <li>• You have put on a lot of weight</li> <li>• BMI = &gt;30</li> </ul>	<ul style="list-style-type: none"> <li>• eat a balanced, calorie-controlled diet</li> <li>• take up activities such as fast walking, jogging, swimming or tennis for 30 minutes a day</li> <li>• eat slowly and avoid situations where you know you could be tempted to overeat</li> <li>• Fatty, starch and sugary foods contribute to energy retention so limit the consumption</li> </ul>
<p><b>Hypertension</b> High blood pressure or Hypertension means high pressure (tension) in the arteries.</p> 	<ul style="list-style-type: none"> <li>• Smoking</li> <li>• Being overweight or obese.</li> <li>• Family History</li> <li>• Environmental stress – may be due to work or family related issues</li> <li>• Excessive salt intake</li> </ul>	<ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Headache (especially pulsating headaches behind the eyes that occur early in the morning)</li> <li>• Blurred vision</li> </ul>	<ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Reduce intake of saturated fats</li> <li>• Maintain normal body weight</li> <li>• Reduce intake of salt</li> <li>• Diet rich in fruits and vegetables</li> </ul>
<p><b>Diabetes</b> body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood.</p>	<ul style="list-style-type: none"> <li>• Genetics – family history of diabetes</li> <li>• Lifestyle</li> <li>• Level of physical activity</li> <li>• Eating habits</li> <li>• Body weight</li> <li>• Blood sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Blurred vision</li> <li>• Weight loss</li> <li>• Polyuria</li> <li>• Wounds do not heal very quickly</li> </ul>	<ul style="list-style-type: none"> <li>• Get Regular Screening</li> <li>• Exercise</li> <li>• Carbohydrate Reduction</li> <li>• Consider Home Blood Glucose Testing</li> <li>• Keep control of what you eat.</li> </ul>

#### ACTIVITY: Use the information above and answer the following questions:

- (i) Define the nutritional disease Obesity? (1 mark)  
(ii) State **one** cause and **one** preventative measure for Obesity. (2 marks)
- Write **two** symptom of person suffering from diabetes (2 marks)
- State **one** nutritional and lifestyle advice for diabetic person. (2 marks)
- Describe the disease Hypertension. Include its, causes, symptoms and prevention in your discussion. (3marks)