

**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.		

YEAR 11 HOME – ECONOMICS: SOLUTIONS

1 (i) Define the nutritional disease Obesity?

(1mark)

Obesity is defined as excessive fat accumulation that presents a risk to health. A body mass index (BMI) is over 30.

(ii) State **one** cause and preventative measure for Obesity.

(2marks)

- **excess body fat has accumulated to the extent that it may have a negative effect on health**
- **consuming more calories than you burn off through physical activity.**
- **The excess energy is then stored by the body as fat**
- **Oversized food portions.**

2. Write **two** symptoms of person suffering from diabetes

(2marks)

- **Blurred vision**
- **Weight loss**
- **Wounds do not heal very quickly**

3. State one nutritional and lifestyle advice for diabetic person.

(2marks)

- **Carbohydrate Reduction**
- **Keep control of what you eat.**
- **Exercise regularly**
- **Maintain a healthy weight**

4. Describe the disease Hypertension. Include its, causes, symptoms and prevention in your discussion.

(3marks)

High blood pressure or Hypertension means high pressure (tension) in the arteries, is a condition in which the blood vessels have persistently raised pressure

Hypertension occurs when the body's smaller blood vessels (the arterioles) narrow, causing the blood to exert excessive pressure against the vessel walls and forcing the heart to work harder to maintain the pressure

- **Major causes of hypertension is smoking, being overweight or obese, family History, Environmental stress – may be due to work or family related issues and Excessive salt intake.**
- **Symptoms include Dizziness, Headache (especially pulsating headaches behind the eyes that occur early in the morning) and Blurred vision.**
- **To prevent hypertension, one should Stop smoking, Reduce intake of saturated fats , Maintain normal body weight , Reduce intake of salt and eat Diet rich in fruits and vegetables.**