

Name:

## Year 11 Health Test- Individual Human Development & Nutrition

### Question 1

Why is it important for young people in particular to eat nutritious foods?

Young people need to eat nutritious food as they are growing and developing and maturing.

need 1 mark point

2 marks

1

### Question 2

Breakfast is often referred to as the most important meal of the day, however it also the most commonly skipped meal, especially for young people. List two ways by which breakfast contributes to health.

1. It starts up your metabolism  
breakfast means breaking the fast. Statistics show that people that skip breakfast tend to be more overweight as they snack more or have bigger portions.
2. It also gives you energy to complete your day.  
(With energy)

2 marks

### Question 3

Choose 2 of the following nutrients and complete the table

- Protein
- Carbohydrates
- Fibre
- Fats
- Iron
- Folate
- Vitamin C
- Vitamin D
- Sodium

Name of Nutrient	Main Role in Body	Main food source	Macronutrient or Micronutrient
Protein ✓	<del>To produce</del> <del>blood</del> vessels & give you energy	Meat, fish, eggs ✓	macro ✓
Carbs ✓	To produce energy through the body ✓	bread, pasta, grains ✓	macro ✓

8 marks

7 1/2

**Question 4**

According to the National Nutrition Survey (2007), close to half of children in all age groups met the requirement for fluid/water intake, suggesting consumption may be inadequate. Outline one role of water in the body.

To keep us hydrated and energised why?

1 mark

**Question 5**

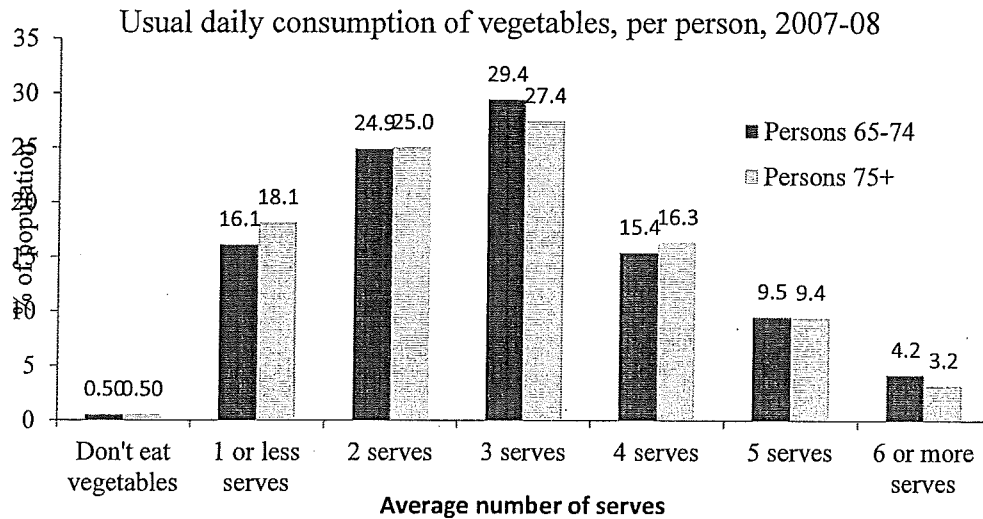
Apart from milk, what are two other foods which are good sources of calcium?

1. yoghurt
2. cheese

2 marks

**Question 6**

The graph below summarises the average number of serves of vegetables that older adults typically consume daily.



Australian adults are encouraged to eat **at least 5 serves** of vegetables per day.

- a. Identify the percentage of adults aged 65-74 and 75 and over eating the recommended amount of vegetables per day.

age 65-74	5 serves (9.5%)	6 or more (4.2%)	✓
age 75+	5 serves (9.4%)	6 or more (3.2%)	✓

2 marks

- b. Identify 2 nutrients that people not eating at least 5 serves of vegetables a day, may be deficient in.

Vitamin C, Vitamin D, Fibre ✓

2 marks

- c. Outline two ways the information from nutrition surveys such as this can be used by the government.

- To measure how healthy Australia is - more detail *full words*
- To measure what the gov needs to do to continue to develop people eating healthier *2 marks*

### Question 7

What is the difference between a macronutrient and a micronutrient? <sup>found in</sup>

Macro-nutrient are foods <sup>groups</sup> like <sup>found in</sup> proteins, carbs, etc and micronutrients are <sup>foods found in</sup> vitamins. ~~foods~~ ✓

2 marks

### Question 8

The work of a non-government organisation such as Nutrition Australia can help address health gains.

Outline two ways that Nutrition Australia is contributing to the promotion of good nutrition

1. To help Aussie's know what they should be eating daily (that is recommended) - how?
2. Giving health & nutrition advice that is easy to find on the internet ✓  
via their website

2 marks

### Question 9

What does it mean if there is a Heart Foundation Tick on the label of a food product?

That the heart foundation marks this product as being healthier option than other similar products 1 mark

### Question 10

a. Provide one reason why the Australian Dietary Guidelines have been developed by the Australian Government

- So Aussie's know it's adapted and created for them.
- It is also convenient for Australia. ✓

1 mark

b. Identify one of the Australian Dietary Guidelines (can be in your own words)

To eat a wide variety of all the 5 food groups daily.

1 mark

**Question 11**

a. Who are the Australian Dietary Guidelines recommended for?

All healthy Australian's

1 mark

b. Give an example of someone who would be specifically advised not to follow the Australian Dietary Guidelines

Someone who has health problems & needs a special diet.

1 mark

**Question 12**

The Australian Guide to Healthy eating is a visual tool to help Australians plan, select and consume adequate proportions from the five food groups. The government selected the foods that are pictured on this tool for a number of specific reasons. List two of these reasons.

1. It is easy to look at and is convenient

2. Less time consuming and helpful to a wider range of people

eg: if they struggle with concentrating or feeding.

**Question 13**

The Australian Guide to Healthy Eating is based on the principles of the Australian Dietary Guidelines. Describe one way in which the Australian Guide to Healthy Eating reflects any of the Guidelines

It has the 5 food groups in the visual and tells you when you should eat them eg: eat

2

2 marks

Question 14

a. What is a discretionary food?

Foods that should be limited <sup>intake</sup>, unhealthy eg: lollies, chocolate, etc.  
low nutritional value.

1 mark

b. Discretionary foods are typically higher in fat sugar and salt.

3 marks

c. List two examples of discretionary foods and explain why they may be detrimental to a person's health if consumed regularly.

- Lollies are high in sugar and can cause diabetes, heart disease and obesity.
- Chips are high in fat and salt and can cause obesity, heart disease and various cancers, if consumed regularly.

4 marks

Question 15

List one similarity and one difference between the Healthy Living Pyramid and the Australian

Guide to healthy eating

Both are visual and easy, quick to look at and absorb the information.

The difference is that Aus Guide to healthy eating is the new and improved visual as well as the pyramid is stopped in a triangle vs the other is a circular shape.

2 marks

1 1/2

## Question 16

### Case study: Zoe's story

When was it that I first found out I had multiple sclerosis? I think back to last year. I did know in my heart something was wrong but ignored a few odd moments when I didn't feel 100 per cent.

I was 17, enjoying good health, living at home, had started serious dating and was coping well at school. I had been through the death of my sister in a car crash only two years ago which was extremely hard, but I finally felt like I was healing inside and enjoying life again.

I had always been active, loving the outdoors and sports, especially swimming; I had even made the school swimming squad. Physically healthy, emotionally okay, with very special girl friends and a loving family, I considered myself lucky and healthy. I was a standard size 12 and luckily seem to stay that way regardless of the odd hamburger and chips.

My nana has MS and is in a wheelchair but I had never thought of her as being different to my best friend's grandparents. Apart from the few times she could not attend a birthday party or come to a family dinner, I had never questioned her health as she was always in good spirits, never complaining. I had taken it for granted that we helped her where we could, not seeing her disability, but just loving her.

When I was diagnosed with MS, I didn't want to know what was happening to me. I didn't want my active lifestyle to change, I felt numb.

My doctor explained to me what was going to happen.

'Multiple sclerosis is what we call a chronic condition; that is, it develops throughout your remaining life. The condition means that there is a gradual deterioration of the outer protective coating of your nerve fibres. Later, you may experience visual problems and emotional changes, and sometimes, abnormal reflex actions. MS affects the nervous system, in particular the brain and spinal cord, and will follow different patterns in people. That is why it is so hard to tell you how it will progress in you. Drug therapy will help, and it is good that you are young. It is best to keep as normal and active a life as possible ...'

His voice trailed off as I struggled to gather my thoughts. Mum gave me a hug. I was sure there were a million questions I needed to ask but nothing came to me. I was in shock, I couldn't imagine that my good health was to be taken away. The only question was when?

a. Identify examples of Zoe's physical, social, emotional and intellectual development that are evident in this case study

Physical:

She talks about having a very active and physical life but that would shock her as MS takes away that as soon as she is told.

Social: soon as she is told. Zoe seems to have a good group of friends and family to get her through her disease. It would also be harder to socialise as her disease could make things complicated.

Emotional: She has had a tough life losing her sister at such a young age and then being diagnosed with MS at such a young age, as well as not knowing when her brain or spinal cord will give way.

Intellectual: MS is a tricky disease as it can do different things to different people. She seems very shocked & emotional of her brain & spinal cord shutting down caused by MS.

b. How may Zoe's current diagnosis impact on her health and individual human development?

The current diagnosis can take away her freedom as MS affects your brain & spinal cord.

She also is very young and has not fulfilled her life yet so that would be very scary as she has not matured and developed fully physically and mentally. 2 marks  
"when actually."