Good health depends basically on good nutrition. A diet that is not properly balanced can lead to nutrition related disorders.

**TASK:** Investigate good nutrition, responding to the leading questions provided on under nutrition and over nutrition. Research and record findings about Heart Disease and Diabetes outlined in the scaffold.

**Useful References:**
- “Focus on Junior Food Technology” Pgs. 181-183

**MARKING CRITERIA:**
- Use more than one reference and include a Bibliography
- Your research should be edited and written in your own words
- Use the scaffold to help plan and collect your information
- Correct spelling, punctuation etc.

**MARKING GUIDE - Diet Related Disorders:**

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Completion of sections 1 - 4 providing factual information</td>
<td>30</td>
<td>24</td>
<td>18</td>
<td>12</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>Detailed information written in own words</td>
<td>8</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Appropriate labelled diagrams, graphs and/or statistics</td>
<td>8</td>
<td>6</td>
<td>4</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Editing skills (use of SDIPS), spelling, punctuation, formal language</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Use of scaffolds</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Bibliography</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Comments:**
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**Mark:** /60
FOOD TECHNOLOGY - Diet Related Disorders

SCAFFOLD OF RESEARCH: Key questions to help your research

1. UNDER NUTRITION
   - Outline the conditions of under nutrition
   - Give an example of a developing nation and its typical days diet
   - Explain reasons why under nutrition may occur

2. OVER NUTRITION
   - Outline the conditions of over nutrition
   - Give an example of an affluent country and its typical days diet
   - Explain reasons why over nutrition may occur

3. RESEARCH HEART DISEASE
   - Definition
   - Symptoms of
   - Contributing factors of
   - Lifestyle changes required
   - Heart Disease Diet

4. RESEARCH DIABETES
   - Definition
   - Symptoms of
   - Contributing factors of
   - Lifestyle changes required
   - Diabetes Diet

BIBLIOGRAPHY
   - Where did you get your information from?
   - Make a list of each source
   - Remember to name the source, its author and the date it was published
### UNDER NUTRITION

**OUTLINE CONDITIONS**

1. 
2. 
3. 

**DEVELOPING NATIONS DIET**

1. 
2. 
3. 

**REASONS FOR UNDER NUTRITION**

1. 
2. 
3. 

### OVER NUTRITION

**OUTLINE CONDITIONS**

1. 
2. 
3. 

**DEVELOPED NATIONS DIET**

1. 
2. 
3. 

**REASONS FOR OVER NUTRITION**

1. 
2. 
3.
Main Idea / Paragraph Idea: HEART DISEASE

<table>
<thead>
<tr>
<th>DISEASE DEFINITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FACTORS CONTRIBUTING TO HEART DISEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HEART DISEASE - LIFESTYLE CHANGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HEART DISEASE - DIET</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BIBLIOGRAPHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
</tbody>
</table>
# DIABETES

## DISEASE DEFINITION

1. 
2. 
3. 

## SYMPTOMS

1. 
2. 
3. 

## FACTORS CONTRIBUTING TO DIABETES

1. 
2. 
3. 

## DIABETES - LIFESTYLE CHANGES

1. 
2. 
3. 

## DIABETES DIET

1. 
2. 
3. 

## BIBLIOGRAPHY

1. 
2. 
3.