
Question 27 (10 marks)

Name a specific group in Australia whose health you have investigated.

Group:Adolescent females.....

- (a) Identify a significant health concern for this group and explain why it is a concern. 2

...Eating Disorders such as Anorexia Nervosa or Bulimia Nervosa are a high health concern for young females. This is due to young teens being insecure about body image and low self-esteem brings them to harm themselves.

- (b) Explain the changes to dietary intake that would address the nutritional needs of this group. 4

For this group they would need to ensure they are taking in the right nutrients and food sources to stabilise the body systems. If they are avoiding meat then protein supplements need to be taken to avoid anaemia. Calcium supplements would also have to be taken to replace loss calcium in bones to prevent bone density and osteoporosis. By depleting food stores the body cannot function and deterioration of muscles, bones and organs occur, eventually causing death.

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Question 27 (continued)

- (c) Propose and justify a strategy to promote optimum health through good nutrition for this group. 4

A promotion strategy to promote optimum health would be better advertising of normal weight. Media in terms of magazines, news reports and advertisements display this unnatural goal of young females having to look super thin.

A strategy to ensure better health and normal weight ranges is through advertising which educates the generations of today to perform in physical activity and eat healthier. Much like the 'Swap it, Don't stop it' campaign

End of Question 27