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**Question 27** (10 marks)

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

Group: Teenagers

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

~~bulimia~~ Bulimia is a big problem for especially for teens because their bodies haven't fully developed and then their bodies may get used to it therefore causes bigger problems like anorexia.

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

They would need to firstly go on medication and be on watch while they eat and after so they cant spew it back up, they need to eat more nutrients so they gain more weight until their appropriate size.

Question 27 (continued)

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

They could have a youth group for teens who suffer from ~~B~~ Bulimia so that they can talk about their problems and a nutritionist can explain the harm that their doing to themselves and what they can do to fix it. Also a nutritionist can go to different High Schools to explain the problem and promote good health at the same time.

**End of Question 27**