
Question 27 (10 marks)

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

Group: ... Elderly (aged)

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

...The aged... have a significant amount of health issues for example ^{their} bones are brittle and easily broken and this means they become fragile.

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

...The elderly need extra nutrients such as calcium in their diet to help strengthen their bones and teeth. They also need much softer foods to allow for an easy chewable meal and to ensure their teeth do not brake. They require more meals with vegetable that hold nutrients and minerals for their body to ensure they remain strong and healthy.

Question 27 continues on page 18

Question 27 (continued)

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

4

More pre-packaged meals should be made to specify in the aged which include a high range of vitamins and minerals and have the nutrients in which the elderly require. More awareness should be taken to promote food needs for the elderly with things such as cooking classes, television ads and medical advice.

End of Question 27