
Question 27 (10 marks)

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

Group: Vegetarians (lacto-ovo)

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

Anaemia - iron deficiency. This is a concern for vegetarians because a good source of iron comes from meat and animal based products, which they are not receiving

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

Eating more products such as eggs, and spinach on a regular basis can help to increase the level of iron in the blood stream. Iron is especially important in teenage girls and females who need the iron ~~to~~ due to menstrual cycle. Another change can be (with doctors referral) to take iron supplements to ensure you have enough iron in your blood.

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Question 27 (continued)

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

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Having a seminar ~~to~~ ~~inform~~ at a local hall where a vegetarian meeting may occur. Or ~~start~~ advertise for vegetarians to come along and listen to ways they can improve their health. This can be enhanced by having vegetarian celebrity attend such as Isabel Lucas and she can explain how she became one and why. Also teach them more effective ways and give recipes to improve their nutrient intake.

End of Question 27