

Question 27 (10 marks)

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

Group: Adolescent girls

Quest 27

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

A significant health concern for adolescent girls is ~~the~~ anaemia. Anaemia is a ~~concern~~ concern as the onset of the menstrual cycle begins and the levels of iron in the body decrease.

(2)

7/5?

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

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Changes to the dietary intake that would address the nutritional needs of adolescent girls include an increase in iron and protein. An increase in iron is essential due to the menstrual cycle of an adolescent girl, resulting in low levels of iron in the body. Protein is also essential ~~to~~ to assist with and maintain muscle ~~due~~ due to pubertal ~~and~~ and growth development. Therefore, an increase in iron and protein assist with the nutritional needs of adolescent girls.

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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 strategy to promote optimum health through good nutrition for adolescent girls is good female role models. Anorexia is ~~also~~ a significant health concern, as well as anaemia. Promoting ~~healthy~~ ~~weight~~ healthy-weight and nutrition balanced female role models assists with good nutrition of adolescent girls. Therefore, promoting female role models promotes ~~the~~ optimum health for adolescent girls ~~concerned~~ concerned with body image issues.

End of Question 27