
Question 27 (10 marks)

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

Group: Primary school aged children

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

An increase in childhood obesity to 17% (roughly). It is a concern as it means kids are at a greater risk for of diseases due to obesity (e.g. heart attacks & type 2 diabetes).

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

The changes needed must address a need for increased calcium to support bone growth and healthy food to sustain energy levels and reduce weight. Kids could be fed more fruit and salad to increase dietary fibre, more milk to increase calcium, less fatty foods to reduce cholesterol as well as lean red meat to ensure adequate iron & essential amino acids.

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Question 27 (continued)

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

The traffic light food classification system being taught in schools. This classifies foods as green (good to eat, always), yellow (occasional) and red (very rare and unhealthy). This would promote good nutrition (and health) because it is simple for kids to understand due to the colours and it's also easy for parents to implement through the use of 'traffic light' symbolism. However it should also include ^{End of Question 27} physical exercise.