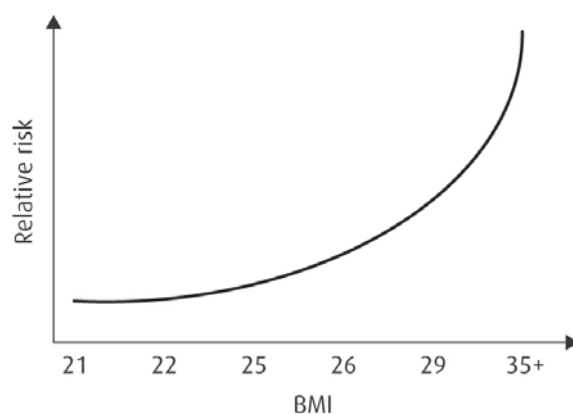


Support worksheet – Option A

- 1
 - a What is meant by the term ‘balanced diet’? (1)
 - b Distinguish between essential and non-essential amino acids. (2)
 - c Outline the importance of fibre in the human diet. (3)
- 2 Use the following table and the graph, which shows the relationship between BMI and risk of developing type II diabetes, to answer the questions below.

BMI	Status
below 18.5	underweight
18.5–24.9	normal weight
25.0–29.9	overweight
30.0 and above	obese



- a Which individuals are at the greatest risk of developing type II diabetes? (1)
- b Calculate the BMI for these two men: (4)

Wasim has a height of 1.8 m and weighs 106 kg.
Peter is 1.6 m tall, and his weight is 70 kg.
- c Which of the men is in greater danger of developing type II diabetes? Explain your answer. (2)
- d What dietary advice would you give to the two men to reduce their risk of diabetes? (2)
- e Type II diabetes used to be called ‘adult onset diabetes’. Suggest why this term is not used anymore. (1)

- 3** **a** State **two** reasons why a food manufacturer might use food additives. (2)
- b** Outline the reasons for the increase in clinical obesity in some countries. (3)
- c** Complete this table, which compares breast milk and artificial milk. (4)

Breast milk	Artificial milk
contains lactose	
contains antibodies and hormones	
contains high levels of whey	
contains low levels of casein	

- d** Research suggests that babies fed on artificial milk are more likely to suffer infections in their first year of life. Suggest why this may be so. (2)