

SPECIAL DIETS

In relation to each nutrient listed recommend two good sources for a vegan diet. (6)

Nutrient	Sources for vegan diet	
Protein		
Calcium		
Iron		

4. (a) List two factors that influence the energy requirements of adults. (4)

(i) _____

(ii) _____

(b) Explain the term *Energy Balance*. (2)

(2005 OL)

4. State two specific dietary requirements of a lacto-vegetarian diet. (6)

(i) _____

(ii) _____

(2007 OL)

6. (a) Name **one** diet-related condition that commonly affects elderly people. (6)

- (b) State **one** cause of this condition.

(2007 OL)

3. How does osteoporosis affect the body? (6)

State **two** possible causes of this condition.

(i) _____

(ii) _____

(2008 HL)

4. (a) Explain the term '*Balanced Diet*'. (6)

- (b) Outline **two** healthy eating guidelines for a pregnant woman.

(i) _____

(ii) _____

(2008 OL)

3. Give **three** specific dietary guidelines for a person with diabetes. (6)

(i) _____

(ii) _____

(iii) _____

(2009 HL)

5. List **two** factors that influence the amount of energy required by the body. (6)

(i) _____

(ii) _____

Explain the term *Basal Metabolic Rate (BMR)*.

(2009 OL)

8. Explain the term *lacto-vegetarian*. (6)

Name **two** protein alternatives suitable for the diet of a vegetarian.

(i) _____ (ii) _____

(2009 OL)