Your notes

GCSE Food Preparation and Nutrition: revision notes

Diet, nutrition and health

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Diet-related health problems

- **Obesity**: eating more energy than is used over time. It raises the risk of heart disease, **type 2 diabetes**, some cancers and joint problems.
- **Cardiovascular disease** (CVD): high saturated fat and salt can cause high cholesterol and high blood pressure, narrowing arteries and leading to **coronary heart disease** and stroke.
- **Type 2 diabetes**: the body can't control blood sugar properly. It is linked to **obesity** and diets high in sugar.
- Bone health: too little calcium and vitamin D causes rickets in children and **osteoporosis** in older adults.
- Dental health: sugary foods and drinks cause tooth decay.
- Iron deficiency anaemia: too little iron causes tiredness and pale skin.

Reducing the risks

- Follow the Eatwell Guide, with plenty of fruit, vegetables and wholegrains.
- Cut down on saturated fat, salt and free sugars, and choose water rather than sugary drinks.
- Stay active and keep a healthy weight.

Analysing a diet

- Recipes and diets can be analysed with nutrition software to find their energy and nutrient values.
- Results are compared with **dietary reference values** (DRVs) to see if a person's needs are met.
- Recipes can be modified: swap white rice for brown, reduce sugar, or add vegetables.

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Key terms

Obesity	Having excess body fat that harms health.
Cardiovascular disease	Diseases of the heart and blood vessels.
Type 2 diabetes	A condition where the body can't control blood sugar properly.
Coronary heart disease	Narrowing of the arteries supplying the heart.
Osteoporosis	Weak, brittle bones that break easily.
Dietary reference values	Estimates of the nutrients and energy needed by different groups.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What is a main dietary cause of high blood pressure?
2. Which condition is linked to obesity and high sugar intake?
3. What causes tooth decay?
4. Which nutrients help prevent osteoporosis?
5. What does high saturated fat raise in the blood?
6. Which swap reduces the risk of heart disease?
7. What are dietary reference values?
8. What is a symptom of iron deficiency anaemia?

Answers

1. Too much salt
2. Type 2 diabetes
3. Sugary foods and drinks
4. Calcium and vitamin D
5. Cholesterol
6. Using olive oil instead of butter
7. Estimates of the nutrients and energy different groups need
8. Tiredness

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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