



VCE HEALTH AND HUMAN DEVELOPMENT UNITS 3&4 [2021]

Unit 3 AOS 1: Progress check 4

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STRUCTURE OF EXAM

Section A - Short Answer

4 questions

13 marks

13 marks

WHEN YOU FINISH

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SECTION A – SHORT ANSWER

Question 1

2 marks

Identify two health concerns associated with a high body mass index.

Question 2

2 marks

Small amounts of sodium are important for health; however, sodium consumption at high levels is considered a health risk.

Identify two health implications of excess sodium in the diet.

Question 4

3 marks

According to the 2007 Australian National Children's Nutrition and Physical Activity Survey

- 61 per cent of 4–8 year olds consumed adequate fruit (excluding juice), compared to only 1 per cent of 14–16 year old boys and girls.
- 22 per cent of 4–8 year old children and 5 per cent of 14–16 year olds met the dietary guidelines for vegetable intake.

From these findings we can conclude that 14 -16 year olds are not meeting the recommended daily serves for fruits and vegetables as specified by the Australian Guide to Healthy Eating.

Discuss the role that fruit and vegetables play in our diet and the dietary diseases that are associated with the under consumption of fruits and vegetables.
