

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

Unit 3 AOS 1: Progress check 4

YOUR NAME: Panayiota Matheou		
	•	
STRUCTURE OF EXAM		
Section A - Short Answer	4 questions	13 marks

13 marks

## WHEN YOU FINISH

Get your marks, and view solution videos that explain the answer to each question at:

edrolo.com.au/e5597

## **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 ri	isk.
Identify two health implications of excess sodium in the diet.	

## Question 3 (6 marks)

Consider the infographic presented by Drinkwise: Australian Drinking Habits- 2007 vs 2017.

NUMBER OF MODERATE DRINKERS	DRINKING TO EXCESS	NUMBER OF ABSTAINERS	DAILY DRINKING	WEEKLY DRINKING
IN 2017 63%	IN 2017 16%	IN 2017 20%	IN 2017	IN 2017 37%
OF DRINKERS USUALLY CONSUME NO MORE THAN 2 STANDARD DRINKS  UP FROM 48% IN 2007	OF DRINKERS USUALLY CONSUME 5 OR MORE STANDARD DRINKS DOWN FROM 24% IN 2007	OF AUSTRALIANS ABSTAIN FROM ALCOHOL UP FROM 1196 IN 2007	OF AUSTRALIANS DRINK DAILY DOWN FROM 9% IN 2007	OF AUSTRALIANS DRINK WEEKLY DOWN FROM 47% IN 2007
			27	MARCH

Question 3.a	2 marks
Describe the overall general trend in alcohol consumption from 2007 to 2017 as presented in the infographic.	
Overallian O.b.	4 marks
Question 3.b	4 marks
Describe the impact this trend may have on the overall health status of Australians.	

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.

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.