

<b>1.1 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
Food groups		
The eat well guide		
RDI's		
The need for the correct amounts of nutrients with reasons why		
<b>1.2 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
Specific nutrients e.g. calcium, vitamin c, protein, carbohydrates <u>Talking about "dairy" wouldn't get a pass unless calcium is mentioned.</u>		
The way the specific nutrients are used by our bodies e.g. calcium is used by our bodies to help strengthen and repair bones and teeth.		
Sources of ingredients (foods we might get them from) e.g. Calcium is gained from dairy products such as milk or cheese.		
<b>1.3 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
Specific nutrients that the person might be lacking or over consuming and the source of this nutrient. E.g. a vegetarian might be lacking in iron from red meat		
Ways to solve the excess or deficiency e.g. the vegetarian could consume more green vegetables such as cabbage or spinach to increase their iron.		
<b>1.3 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
The effects on the person's long term and short term health e.g. someone who eats too much fat will begin to store the extra on their body and could become obese, this could lead to problems such as high cholesterol and heart disease.		
The benefits of meal planning to ensure a nutritional balance is maintained.		
<b>1.5 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
The "traffic light" system of labelling food. E.g. Each nutrient on the label is given a colour (red , amber or green). Red means that this food should be consumed in moderation and a little at a time, amber means that a food can be consumed often as part of a balanced diet and green foods can be consumed regularly and in higher quantities.		
Make links between food labelling and how it can help with an individual's nutritional requirements e.g. a person watching their weight would need to ensure they ate very few foods with the saturated fat content highlighted red in order to ensure that they didn't consume above the recommended daily amount.		
The effects on your long term health e.g. A person a consuming a lot of foods with the saturated fat highlighted red can become obese and suffer with associated health problems like heart disease		
<b>1.4 &amp; 1.6 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
The links between the foods on the diary and the health of the individual		
Identify potential excesses and deficiencies in nutrients from the diary linking these to the health of the individual		
Comment on portion size and general nutrition e.g. compare the meal to the eat well plate		
Recommend changes to the diet (3-5 recommendations is the suggested amount) giving reasons. <u>E.g. I recommend that Jon reduces his sugar consumption by removing it from his tea and replacing it with a low calorie sweetener, this will reduce his calorie intake and limit his risk of developing diabetes. Jon can also reduce his sugar intake by replacing his chocolate based snacks with fruit and his regular cola with sugar free cola.</u>		

<b>2.1 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
Ingredients, cooking methods, portion sizes and serving suggestions ( <b>both negative and positive</b> )		
The effects of the ingredients, cooking methods, portion sizes and serving suggestions on the health of the person eating it ( <b>both positive and negative</b> )		
<b>2.2 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
Adaptations that could be made to the recipe and how this could improve the nutrition and health benefits. This could include reducing fat, sugar, salt. Increasing the fruit/vegetable or fibre content and swapping cooking methods such as deep frying for healthier methods such as grilling or baking.		
<b>2.3 - To pass this question you must discuss...</b>	<b>Pass</b>	<b>NYA</b>
How your adaptations to the recipe could affect the end result e.g. taste, texture, appearance, appeal and moisture. <u>For example: swapping to a low fat cheese will remove some of the fat from the dish causing it to be drier however it may look more appealing and have a more appealing texture as a result because of the lack of grease.</u>		

**Areas I still need to revise:**