Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_

**Diet Related Health Concerns Assessment**

Strand 2.2

I can identify the different diet related health concerns (diabetes, heart disease, colon cancer, anemia, osteoporosis and obesity) and their relationship to diet and nutrition.

|  |  |  |
| --- | --- | --- |
|  | **Symptoms** | **How to reduce the risk?** |
| **Anemia** |  |  |
| **Colon Cancer** |  |  |
| **Diabetes** |  | **Type 1:**  **Type 2:** |
| **Heart Disease** |  |  |
| **Obesity** |  |  |
| **Osteoporosis** |  |  |
| Total Points\_\_\_\_\_/26 | | |

Name \_\_\_KEY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_

**Diet Related Health Concerns Assessment**

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|  |  |  |
| --- | --- | --- |
|  | **Symptoms** | **How to reduce the risk?** |
| **Anemia** | Weak, tired, mental state affected.  2 pt | Eat foods high in iron.  2 pt |
| **Colon Cancer** | No early symptoms. May include bloody stool or abdominal pain.  2 pt | Eat between 25-35 grams of fiber. Have a regular colon oscopy at age 50+.  2 pt |
| **Diabetes** | Increased thirst, frequent urination, fatigue, blurred vision, extreme hunger, slow healing sores. 2 pt | Type 1: No prevention  Type 2: Maintain healthy weight, eat nutritious foods, stay active. 4 pt |
| **Heart Disease** | Chest pain, shortness of breath, pain, numbness and/or weakness in the arms and/or legs 2 pt | Decrease foods high in saturated fats and sodium. Increase exercise.  2 pt |
| **Obesity** | Over weight  2 pt | Eat nutrient dense foods and increase activity.  2 pt |
| **Osteoporosis** | Bones break easily and curvature in the spine.  2 pt | Eat foods rich in calcium. Weight bearing exercises.  2 pt |
| Total Points\_\_\_\_\_/26 | | |