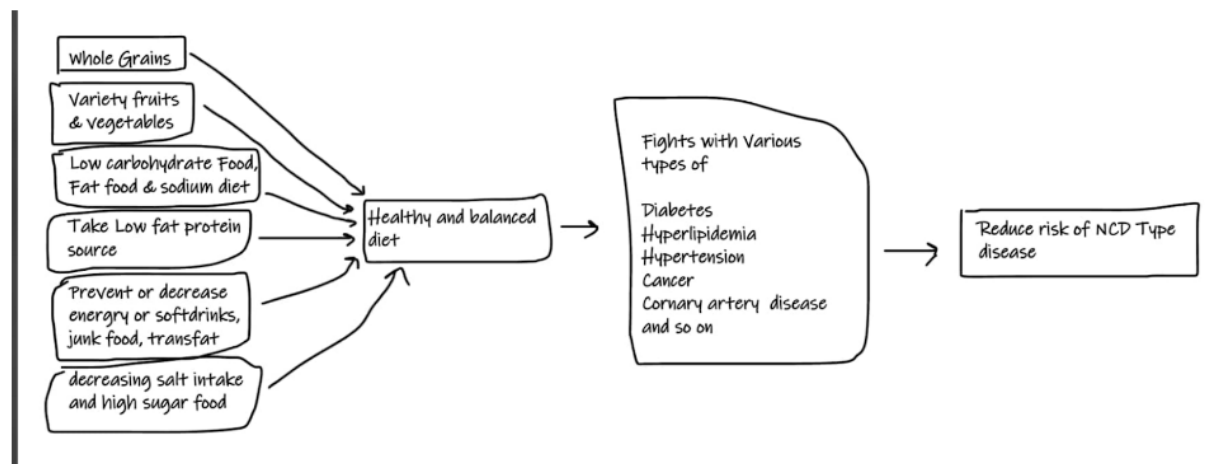
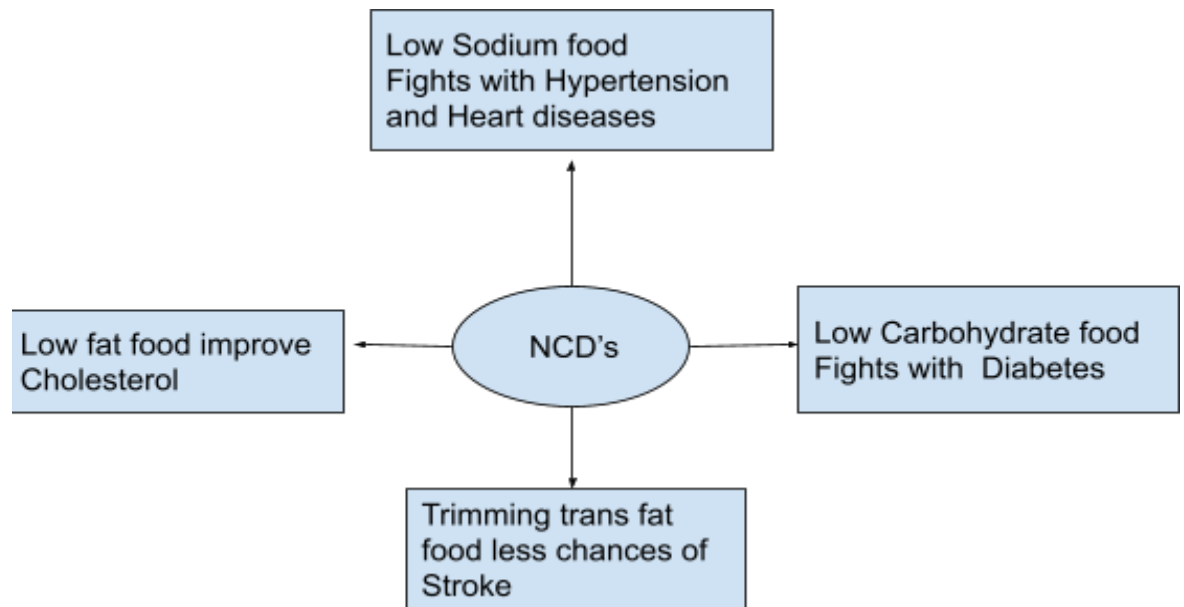


1. Show in pictorial view how food can help us to fight with noncommunicable diseases (block diagram of key points would be sufficient).

**Ans :**



2. Do you think we need a change in diet for a 95 kg 130 cm pregnant woman? Give reasons and possible changes you want to recommend in diet. This person has gestational diabetes (diabetes in pregnancy period).

**Ans :**

I think we need a change in her diet as she has a noncommunicable disease( gestational diabetes). Here we don't need to consider the BMI as it is not considered for pregnant women. As the woman is a diabetes patient so she should strongly avoid foods that contain sugar. Sugary food

can increase the diabetes level as well as it can be the cause of weight gaining. She also needs to avoid fat related foods to keep away from heart disease. She should take fruits and vegetables in her meal. Moreover, she needs a source of protein like fish, nuts, beans, eggs etc.

3. Name the specific ways to control your sugar, salt and fat intake.

**Ans :**

Sugars intake can be reduced by:

- Eating fresh fruit and raw vegetables as snacks instead of sugary snacks.
- Substituting high-sugar foods with low-sugar foods.
- Avoid processed foods with added sugars.
- Eat fresh fruits instead of drinking fruit juice.

Salt intake can be reduced by:

- Limiting the amount of salt and high sodium condiments when cooking and preparing foods.
- Not having salt or high-sodium sauces on the table.
- Limiting the consumption of salty snacks.
- Choosing products with lower sodium content.

Fat intake can be reduced by:

- Steaming or boiling instead of frying when cooking.
- Replacing butter, lard and ghee with oils rich in polyunsaturated fats.
- Eating reduced-fat dairy foods and lean meats, or trimming visible fat from meat.
- limiting the consumption of baked and fried foods, and pre-packaged snacks and foods.

4. Suppose you have a child in the family. If from three months the child needs food from outside, how would you plan the diet from three months to one year (only name the foods for specific months).

**Ans :**

For a child breast milk is necessary for the first 6 months after his/her birth. Beside that I can include:

- Cow milk (from 3rd/4th month)
- Fruits and vegetables (from 4th/6th month)
- Fish and meats (from 6th/7th month)
- Bread butter and yogurt (from 8th month)
- Egg, honey and other nutrient-dense food that does not contain sugar and salt (from 12th month)

5. Explain why the increased rate of NCD in our country with examples. Name some of the noncommunicable diseases. Design a lifestyle to prevent those diseases focusing on the ingredients of food that should be taken into account for.

**Ans :** Noncommunicable diseases (NCDs), including heart disease, stroke, cancer, diabetes and chronic lung disease, are collectively responsible for almost 70% of all deaths worldwide.

There are many factors that contribute to the development of non-communicable diseases. The type of food we eat is one of the most important factors, as it can contribute to weight gain and obesity.

The following are some ingredients in food that should be taken into account for non-communicable diseases:

- Vitamins and Minerals
- Protein
- Carbohydrates.
- Fibers

6. Explain the relationship between food and mental stress. Please comment on the steps we should take regarding this matter.

**Ans :**

The Mental Health Foundation notes that a good diet is important for mental health.

Stress hormones cause the body to reduce blood flow to the digestive system. When we encounter something stressful, our nervous system and adrenal glands send signals to the rest of the body to help us think more clearly and be ready for a physical response. After a stressful period the human body can go into a 'recovery mode' where increased appetite and food cravings become more prevalent. At the same time metabolic rates drop to conserve energy.

The good news is that there are various things that we can do to help.

**For example:**

- On stressful days we have to eat smaller meals and, if necessary, have to eat more often to make up for it. This will be easier for our body to manage.
- Have to eat foods containing more B vitamins as this can help our digestion .
- Tea, coffee should be taken at minimal quantities. Excessive caffeine can hamper the sleep cycle.
- We should reduce the intake of alcohol, sugar, salt, and nicotine.
- Proper exercise can relieve us from mental as well as physical stress.
- Proper relaxation and sleep is needed for reducing mental stress.

7. Clarify your height and weight complies with BMI. If not then analyze the procedure to maintain.

**Ans :**