**Diet and health**

1) Explain the term a ‘balanced diet’.

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2) Explain what two deficiencies in the diet might lead to Kwashiorkor and Marasmus developing.

1.

2.

3) List 5 risk factors for the development of cancer.

1.

2.

3.

4.

5.

4) How is coronary heart disease caused?

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5) List 5 types of diseases people who are obese are likely to suffer from.

1.

2.

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6) Explain the term osteoporosis.

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7) What is the role of the nutrient iron in the body?

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