

Dietary Requirements

Assessment 4

Total Marks 30

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| 1. Describe the risk factors for cardiovascular disease or CVD? | 7 |
| 2. What is the link between glucose and insulin? | 6 |
| 3. Why is Glycaemic Index important? | 5 |
| 4. What are the recommended foods to overcome problems like nausea and vomiting? | 6 |
| 5. Which diets are best for Athletes? Discuss | 6 |

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