



Knowledge Organiser:

Level 2 – Sixth Form Level 2 Health and Social Care

Unit 6 – Impact of Nutrition on Health and Wellbeing

Learning Aim A : Explore the effects of balanced and unbalanced diets on the health and wellbeing of individuals

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- Topic A.1: Dietary intake and food groups Components of a balanced diet, including basic sources, function and effects of each:
- **Essential nutrients:**
- carbohydrates: simple (sugars), complex (starch and non-starch polysaccharides [fibre])
- proteins: animal and plant sources
- fats and oils: animal fats, vegetable oils, fish oils
- vitamins: A, B (complex), C, D, E and K
- minerals: calcium, iron, sodium
- water
- ● sources using five food groups - carbohydrates, protein, milk and dairy products, fruit and vegetables, fats and sugars.
- ● functions of food groups, e.g. growth, energy, maintaining body functions
- ● Recommended Daily Intakes (RDIs).

Topic A.2 Long-term effects of balanced and unbalanced diets

Effects of a balanced diet, including:

- raised immunity to infection
- greater energy levels, increased concentration
- faster healing of skin, tissues and mucus membranes.

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Effects of an unbalanced diet, including:

- malnutrition:
 - over-nutrition, including coronary heart disease, obesity, type 2 diabetes, stroke, weight gain under nutrition, e.g. specific nutrient deficiencies, low concentration span, importance of varied diet for vegetarians/vegans
- vitamin deficiency
 - o vitamin A, e.g. night blindness, impaired maintenance and repair of skin, mucus membranes, accelerated ageing
 - o vitamin B, e.g. beriberi
 - o vitamin C, e.g. scurvy
 - o vitamin D, e.g. rickets, bone loss-osteoporosis, low blood calcium, brittle bones, impaired tooth formation
 - o vitamin E, e.g. lethargy, apathy, muscle weakness
 - o vitamin K, e.g. impaired blood clotting
- mineral deficiency, e.g. calcium (impaired bone and teeth formation), iron (anaemia)
- nutrient excess, e.g. tooth decay.

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Learning aim B: Understand the specific nutritional needs and preferences of individuals

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Topic B.1 Factors influencing the diet of individuals and their associated dietary needs:

- **religion and culture**,
e.g. Hinduism, Judaism, Islam, Buddhism
- **moral reasons**,
e.g. vegetarians, vegans
- **environment**,
e.g. access to food and food storage, location, climate
- **socio-economic factors**,
e.g. costs, income, trends, family, class, peer pressure, the media
- **personal preferences**
- **illness**, e.g. effects on appetite, effects on dietary requirements
- **underlying health condition** resulting in specific nutritional needs,
e.g. allergies, lactose intolerance, Coeliac disease, Diabetes, Irritable Bowel Syndrome, Crohn’s Disease.

Topic B.2 Nutritional variation during life stage development Life stages:

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- **infancy 0–2 years:**
breastfeeding, formula feeding weaning
- **life stage of individual and associated nutritional requirements**, e.g. infancy, early childhood, adolescence, early and middle adulthood, later adulthood.
- **early childhood 3–8 years:** to support growth and higher energy needs, avoidance of additives and sugar
- **adolescence 9–18 years:** to support growth and higher energy needs
- **early to middle adulthood 19–65:** activity levels, variations according to occupation and lifestyle, pregnancy, lactating mothers
- **later adulthood 65+:** activity levels, lifestyle, decrease in energy needs.

Topic B.3 Considerations for nutritional planning

Considerations for nutritional planning: ● factors influencing the diet of individuals and their associated dietary needs

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