

HOME ECONOMICS

S3 - Food Issues

Task:-

Choose one of the following 'Health Issues' which are commonly found in our own community. Produce a booklet which could be used to raise awareness about it to the public

Choice of Topic:-

Choose one issue from the following list-

High Blood Pressure

Diabetes

High Cholesterol

Heart Disease

Strokes

Anaphylaxis (Allergies)

Obesity

Anorexia

Coeliac

Osteoporosis

Asthma

Epilepsy



What to include:-

Introduction

Bright/ Eye catching front cover

Identifying the condition/symptoms

Dealing with the condition on a daily basis

Suitable foods for those with the condition

Prevention of the condition

Overall appearance/neat presentation style

Resources:-

Library/ books (some available in Home Economics)

Internet

Supermarket leaflets

Magazines/Newspapers

Interviews/surveys



Try to include as much relevant information as possible, presented in your own words.

Illustrations help to break up the text, making it more user friendly and giving a more professional, colourful presentation.

Try to get a good balance of both. Take time to think, then plan it out before creating the final result.