

**Question 4 – Candidate 1**

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4.	<p>Vegetarian diet tends to be high in fruit and vegetables. This is good because fruit and vegetables are a good source of antioxidant vitamins A, C, E. Antioxidant vitamins work to ward off free radicals in the body to prevent heart diseases and cancers in the future.</p> <p>Fruit and vegetables are also a good source of dietary fibre. This is good in a vegetarian diet because dietary fibre is used to bulk out the diet, making consumers feel fuller for longer. This is good for</p>

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	vegetarians as it prevents consumer snacking on fatty foods, & therefore, helping lower their chances of obesity.
	• A vegetarian diet may be low in iron. This is because the main iron source is red meat. This is bad for vegetarians because, iron <del>is</del> helps create haemoglobin and carries <del>blood</del> oxygen around the body. This <del>can result in</del> <sup>can result in</sup> vegetarians feeling restless and tired and can further develop anaemia. This could be bad for consumers who develop anaemia as they may find it hard to focus in school.

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or work due to tiredness, meaning they may fall behind and not be able to perform as well.

• A vegetarians diet may also be lacking in proteins as they are mainly found in meat products. This is bad because proteins help with the growth, repair and maintenance of body tissues. Meaning that, if the consumer is injured they may take longer to heal or not properly heal. However, in order to make up for the lack of protein in meat, vegetarians may use ~~also~~ alternative proteins which

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<p><del>are good</del> because they include Quorn, micro protein or TVP. These are good substitutes as they are inexpensive and easy to prepare. <del>However, they</del> They also contain a good amount of protein but it is however, not as high as protein in meat sources.</p> <p>• proteins are also a secondary energy source meaning that, if carbohydrates <del>levels</del> do not provide enough energy then proteins will be used as a back-up. This is bad for a vegetarian because, their diet may already lack protein meaning it cannot be used as a secondary</p>	

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	energy source. This is bad as it can result in the vegetarian consumers feeling exhausted and restless due to their lack of energy.
	• A vegetarian diet may be low in vitamin D as some sources are from animals. This is bad because, vitamin D combines with calcium phosphate to help with the formation of strong teeth and bones. Therefore, if vegetarians are lacking vitamin D then they may be more at risk of developing rickets in children or osteoporosis or osteomalacia in later life. £
	As well as that, if a vegetarian who is lacking vitamin D falls

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	<p>are then they may be more at risk of breaking their bones. This could be bad for young vegetarians who are active and like to run around a lot and are more prone to falling. In order to prevent this, vegetarians may have to take vitamin D supplements.</p> <ul style="list-style-type: none"><li>• A vegetarians diet may also lack omega 3 due to <del>the</del> not eating fish. This is bad because omega 3 contains essential fatty acids and helps with brain development, therefore a vegetarian <del>diet</del> consumer may lack essential fatty acids and not <del>be</del> be able to develop their brain.</li></ul>

## Question 4 – Candidate 2

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4	F - A vegetarian <del>ea</del> does not eat fish
	O - This can be bad
	C - Fish, especially oily fish, contain unsaturated fats and the essential fatty acids Omega 3 and 6
	C - Unsaturated fat is important in the diet and can help to reduce the risk of CHD as it provides good cholesterol which <del>extra</del> breaks down and transfers bad cholesterol and fatty deposits in the arteries to the liver where they are then broken down.
	C - This helps to prevent the build up of fatty deposits in the arteries, reducing the risk of CHD, heart attack and stroke.

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	<p>C- The essential fatty acids Omega 3 and 6 are both important in the development and normal functioning of the brain</p>
	<p>C- These are especially important for pregnant women in order to ensure healthy brain functioning of the growing foetus.</p>
	<p>C- Therefore, a vegetarian diet may not be entirely suitable for pregnant women as it could have health implications for the baby</p>
	<p>F- In a vegetarian diet the sources of protein can be <sup>eaten</sup> limited as meat and fish aren't</p>
	<p>C- This is bad</p>





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may not have enough protein  
for repair.

F- Vegetarians don't eat red meat  
which is a good source of iron

O- This could cause implications

C- Iron is a necessary mineral  
required by the body and  
is essential for red blood cell  
production

C- By restricting their intake of iron  
vegetarians could be at a higher  
risk of iron <sup>deficiency</sup> ~~deficiency~~ and  
anaemia

C- This could be a problem especially  
for menstruating girls and women  
as the blood lost every month  
is not being properly replaced.

C- This could cause fatigue and

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light headedness / fainting due to insufficient iron levels.