

Research:- **Diabetes**

What is Diabetes?

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What is Type 1 Diabetes? What are the symptoms and treatment given?

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What is Type 2 Diabetes? What are the symptoms and treatment given?

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Research:- **Coeliac Disease**

What is Coeliac Disease?

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What two factors may be necessary for the disease to occur?

What are the possible symptoms of coeliac disease?

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What type of diet should a coeliac follow?

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What foods must they avoid?

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Why should coeliac's be careful when eating processed foods?

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Which nutrients could a coeliac be missing in their diet and where could they find them other than grains ?

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What foods could you recommend to a coeliac as being naturally gluten-Free?

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Check your understanding of the following terms:-

Gluten:-

Villi:-

Research:- **Osteoporosis**

What is osteoporosis?

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What part do hormones play in osteoporosis?

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What are the factors that can increase a person's risk of developing osteoporosis?

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Which nutrients are important in protecting against osteoporosis?

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Why is it important to have these nutrients early in life?

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What foods should be eaten to help protect bones ? (Explain why)

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What form of exercise can help prevent osteoporosis from developing? (give examples)

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Check your understanding of the following terms:-

Multifactorial disease:-

Menopause:-

Malabsorbtion:-