



**Part C**

1. Dilini is a University student who studies nutrition and is well aware of the importance of a healthy diet. She has recently been analyzing her diet and is confused. She notices that she eats a great deal of high-fat foods and few fruits, vegetables, and whole grains. What factors may be influencing Dilini's food choices? What advice would you give her on how to have her diet match her needs?

(20 marks)

2. Imagine that you are a nutritionist working in a hospital. Write a small article on nutritional needs during pregnancy which is to be distributed among pregnant women who are attending a clinic in the hospital.

(20 marks)

(114)

(114)