

Using the British Nutrition Foundation website [www.nutrition.org](http://www.nutrition.org) click on HEALTHY EATING and then Nutrition Through Life.

You will find detailed note on the following:-

- Maternal and Infant Nutrition
- Pre School Children
- Children
- Teenagers
- Adults
- Other Adults

For each category of people, make notes using the KEY POINTS as headings. Presents your findings in an interesting way and if possible illustrate your findings. Your work may be word processed if you wish.

Then click on Nutrition and Health and repeat the exercise making notes on the conditions listed:-

- Adverse reactions to food
- Bone and Joint Health
- Dental Health
- Diabetes
- Diet and cancer
- Food Poisoning
- Heart Disease and stroke
- Hypertension
- Irritable Bowel
- Iron and Health Obesity
- Physical Activity and Health
- Under Nutrition
- Vegetarian and Vegan Diets
- War time