

**Nutritional and food-related health conditions:
Coronary heart disease, cholesterol and atherosclerosis
Worksheet**

Grade 12 Term2 Week 1 Lesson 3

- 1.1 Identify the meal that would be the best for a person with high blood cholesterol levels
- Thai chicken curry, prepared with coconut milk and served with noodles
 - Chicken and lentil stew served with brown rice
 - Roasted chicken served with pumpkin fritters
 - Creamy chicken pasta served with salad
- 1.2 Give the food which is high in cholesterol and should only be eaten in limited quantities
- Liver, eggs, meat
 - Potatoes, liver, spinach
 - Dried beans, cheese, eggs
 - White fish, dried beans, whole-wheat bread
- 1.3 Indicate the combination of statements that is correct with regards to cholesterol
- Mono-unsaturated fatty acids increase blood cholesterol levels
 - Avocado pear is low in cholesterol
 - Coconut oil and palm kernel oil are low in saturated fats
 - Cholesterol intake should not exceed 300 mg per day
 - Include organ meat e. g. liver in the diet daily
 - A high blood cholesterol level is associated with coronary heart disease
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|---------------|---------------|
| A. 1, 3 and 5 | C. 1, 4 and 5 |
| B. 2, 4 and 6 | D. 2, 3 and 6 |
2. Explain why spinach and broccoli are helpful in reducing the cholesterol level in the blood.
3. Study the list below, that gives various options for breakfast, and then answer the question that follows:
- Egg, roasted cherry tomatoes and bacon
 - Egg, mushrooms, fresh tomato, bacon and beef sausage
 - Fresh fruit and oats with honey
 - Omelette rolled with melted cheddar and ham
 - Scrambled egg and cheese on toast
 - Yoghurt mixed with fresh fruit and muesli
- Select the most suitable breakfast choice for a person with high cholesterol levels. Motivate your choice.
4. Find an example of the Heart Mark and explain what this mark indicates.