

How to Answer: DRV Question

A 16 year old girl who is anaemic, has the following meals in a day.

DRV for females 15-18 years.

| EAR | RNI | RNI | RNI | RNI | GDA |
|-------------|-----------------|----------------|-----------|-------------|-----------|
| Energy (mj) | Vitamin B1 (mg) | Vitamin C (mg) | Iron (mg) | Sodium (mg) | Fibre (g) |
| 8.83 | 0.8 | 40 | 14.8 | 1600 | 18 |

Table below shows the dietary analysis of a typical days meal.

| Energy (mj) | B1 (mg) | C (mg) | Iron (mg) | Sodium (mg) | Fibre (g) |
|-------------|---------|--------|-----------|-------------|-----------|
| 7.36 | 0.85 | 30 | 16.9 | 1800 | 14.2 |

****YOU WILL ALWAYS BE GIVEN THIS INFORMATION IN AN EXAM****

Taking into account of the Dietary Reference Values (DRV) evaluate the suitability of her meals in a typical day. (6)

A DRV answer should have three parts to it:

- **FACT** about the information you have been given. Is the person eating too much or too little.
- **OPINION** about this. Is this is a good or a bad thing depending on the person in the question.
- **CONSEQUENCE** this will have on the persons health.

Energy

- The girl is eating less energy than is recommended. This is a bad thing because a lack of energy could mean she could she will feel tired for physical activity.

B1

The girl is eating the correct amount of Vitamin B1. This is a good thing because it will assist with the release of energy from foods for daily activity.