

Question 22 (continued)

children
women
older pop. Marks

(b) Discuss the role of supplementation in meeting the dietary needs of athletes. 6

A well-balanced meal isn't enough to supply an athlete with the recommended dietary intake of vitamins, minerals, proteins, etc. supplementation is tablet that enhances the performance depending on the type of athlete.

Children are ~~less~~ not aware of meeting the daily requirements to be a healthy individual. Supplementation for vitamins and minerals is necessary to maintain a healthy body because their bones have yet to fuse ~~and~~

Women experience a loss in iron due to menstruation. Calcium and iron supplementation to prevent iron deficiency or even osteoporosis. It is a essential component in their diet.

People of an older age group experience a deterioration in health ~~set~~ status. It is necessary to result to supplementation to provide their body's with ~~the~~ mainly protein and calcium requirements. The calcium assists to strengthen the fragile bones and to prevent

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osteoporosis.