

Nancy is a 17-year-old vegetarian. Her diet includes only fruit and vegetables without any animal products. She is very active in sport. She started feeling weak and tired most of the time and went to her doctor. The doctor diagnosed a food-related health condition and prescribed the breakfast plan below to improve her health.

BREAKFAST PLAN
<ul style="list-style-type: none"><li>• Fresh fruit</li><li>• Muesli and plain yoghurt</li><li>• Hard-boiled eggs</li><li>• Orange juice</li></ul>

[Own text]

- 3.7.1 Identify the food-related health condition the doctor diagnosed. (1)
- 3.7.2 Discuss reasons why the doctor prescribed the above plan for Nancy. (5)

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**November 2014**

**Thirumalaisamy P.**  
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