

# Health



Anna, your diet contains junk food, so you must be very unhealthy!

I learned in school that if you eat any fatty foods, you will get heart disease because the fat blocks the blood vessels.

I don't think you can be fit and unhealthy!

I eat chocolate, crisps and fast food, but I don't put on any weight because I play so many sports

We can eat lots of fatty foods because we have enzymes that quickly break down all the fat.



## Scenario

Heart disease is the number one killer in the UK. It is responsible for 38% of all deaths but is not perceived to be a disease that concerns young people.

Anna is very athletic and plays various sports, such as football and hockey, on a regular basis throughout the week. She says that she eats a lot of chocolate, crisps and fast food but does not put on extra weight because she does so much physical activity. Her friends tell her that her diet is unhealthy and are concerned that she will develop heart disease in the future.

As researchers in health science, you need to investigate the effect of the diet on the circulatory system and provide Anna and other teenagers like her with scientific information so that they can make informed lifestyle choices to reduce their risk factors and have a healthy heart.

