Nutrition

Chapter 1

Our Food Choices

1. What is Nutrition? How would you describe the benefits for any person who is practicing good nutrition.
2. Is wellness the same as nutrition? Describe the difference between the two terms.
3. What are some of the things you could do to promote your own overall health and wellness?
4. There are certain physical needs for our food choices, based on our scientific nutrient needs. There are also some important non-physical needs. List the four psychological needs mentioned in the text (along with any others you may think of) and describe how they are important to a person’s overall wellness.
5. Complete the “All well that starts well” quiz on page 4. Record your responses and list any ideas you have for improving your own wellness.
6. Make a list of the types of foods you would serve in each situation. Think and record which physical or psychological needs that each food meets.
   1. A special family dinner
   2. After school snack (at home or out) with friends
   3. A Birthday Party