

Common Nutrition

1. We usually consider many foods to be bad for us to eat. Explain what is meant by the book's statement that "there are no good or bad foods". Give examples of the good and bad in foods which means that some 'junk' foods can still be a part of a healthy diet.
2. What are the recommended percentages of our total food intake for fatty foods in your diet.
3. How do we consider whether a person is at a healthy body weight or whether we are overweight?
4. State some of the books suggestions for healthy eating and behaviour. Would you consider yourself already following these ideas?
5. What is the 'rainbow' that the book talks about? Who created this rainbow?
6. Give two examples of a proper serving size for each food group.