

Nutrition, Health & Well Being

1. Describe three different eating patterns people may have.

2. "Breakfast is the most important meal of the day". This is something you've heard since you were young. But is it true? Why is breakfast so important to proper nutrition?

3. What are the benefits of having a good and regular eating pattern?

4. What is meant by **grazing**? Is this a better or worse practice than the 'traditional' three meals a day

5. What are 'dietary supplements'? What kinds of people would be expected to take these? _____

Nutrition, Health & Well Being

6. There are many dietary supplements available to the public. Research any three of them and state their names and intended use.

7. The Canadian Government runs an Office of Natural Health Products. What is the job of this office and why is it important to the public that we have this government agency?

8. What major changes to eating habits must be followed by people with the following conditions:

a) High cholesterol _____

b) Heart disease _____

c) Osteoporosis _____

d) High blood Pressure _____

e) Diabetes _____
