

Healthy Eating Quiz Review

Our health quiz is on: Friday, March 28, 2014.

Things to know:

Lesson 1: Exploring Food Choices

- what factors are behind our food choices?
- the four food groups and the Canadian Food Guide

Lesson 2: Energy and Nutrients

- what do the different food groups give us?
- food flow chart (energy, nutrients, calories, macro and micro, proteins, carbs, fats, vitamins, minerals)

Lesson 3: Healthy Eating Fishbone

- different lenses (environment, health, culture, etc.) for making food choices

Lesson 4: Case Studies

- how can we synthesize what we know and what we learn about a person to make healthy eating recommendations?

Lesson 5: Restaurant Nutrition

- should restaurants post their food nutrition facts? Why or why not?

Lesson 6: Food Labels

- what can we learn from “reading” a food label?

Lesson 7: Body Signals

- when should we eat and why?



What will I have to do with this information?

On the test, you will be given a case study of an individual who has a healthy eating problem. Synthesizing what you know from class, your own opinions, and the information you learn about the person, you will write a letter to the person making healthy eating recommendations.

Make sure to review the case studies we did in class and the feedback you received. You will need to use proper vocabulary, examples, and facts.