

Food Nutrition and You

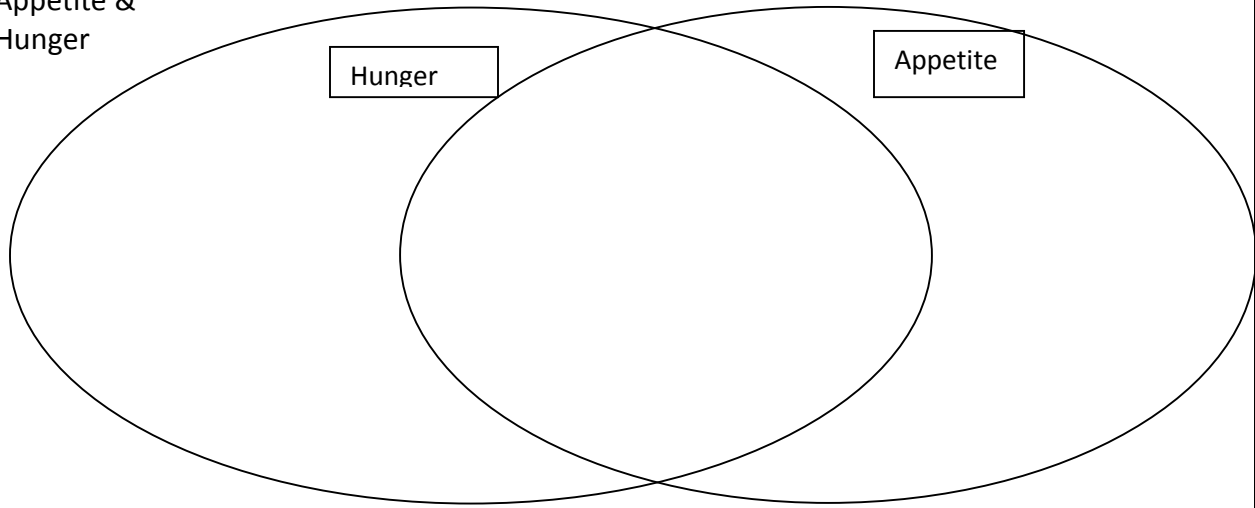


- Objectives:
- Explain why a nutritious is important.
 - Describe a healthy person.
 - Explain how diet and health are related.
 - Name the needs satisfied by eat.
 - Explain why you eat the foods you do.

*Food affects everything about you.
How you look, feel and act, how well you grow.
Your ability to work and play and how your physical and mental health.*

Refer to pp.18-25 Adventures in Food and Nutrition(blue text book)

Complete the Venn Diagram: write the meaning, similarities and difference between:
Appetite & Hunger



List 6 factors of wellness:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Describe your favorite food (use at least 3 great adjectives)

Nutrients(pp.16)
What are they?

What is the difference between the words:
diet and nutritious diet?

p.19
When do people eat for social reasons?

When do people eat for emotional reasons?

What is your favorite
holiday food?

