

Lesson #3-1 Assignment

Knowledge and Understanding:

1. What are the six major types of nutrients? What are the main functions of each?
2. What are DRI's? How are they used by professionals or industry?
3. Why are good nutrition habits important for a woman even before she knows she is pregnant?

Thinking and Inquiry:

4. Studies show that most Canadians eat less fibre than is needed for good health. Identify some possible reasons for this.
5. Suppose you are shopping for peanut butter. One brand claims, "No Cholesterol" in large letters on the label. The kind you usually buy makes no such claim. Would you switch brands? Why or why not?