

LESSON 3.2 Study Period QUESTIONS:

Knowledge and Understanding

1. Why are good nutrition habits important for a woman even before she knows she is pregnant ?
2. Identify and define the different stages of the human life cycle.

Thinking and Inquiry

3. Think back to the last meal you ate. Which foods supplied carbohydrates, fiber, and proteins? What types of carbohydrates, fiber, and proteins were they?
4. What are 3 nutritional choices that you can make today to reduce your risk of chronic disease tomorrow?

