Grade 12 Informnet

Module C- Nutrition

[1] Explain how you could evaluate your personal food intake using *Eating Well with Canada’s Food Guide*.

[2] Explain the difference between a portion of food and a Food Guide Serving.

[3] Describe the relationship between the energy spent in physical activity and healthy weight.

[4] Explain how to estimate daily energy expenditure by analyzing personal physical activity participation.

[5] Explain factors that contribute to energy balance and healthy weight and explain the relationship between maintaining healthy weight and the consumption of specific food substances (i.e., sugar and fat).

[6] What are some strategies for making decisions about food and activity choices that contribute to good health and healthy weight.

[7] Explain the causes and symptoms of food-borne illness (food poisoning).

[8] List the ways to minimize the risk of food poisoning.

[9] Explain food advertising and marketing strategies and their impact on food purchases.

[10] Explain how food and nutrition myths and misconceptions can affect day-to-day physical activity participation and sport performance and overall health.