

## ASSIGNMENT 3

### Investigating *Canada's Guidelines for Healthy Eating* – 20 marks

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Complete this worksheet using information from the Canadian Edition of *Food for Today*, pages 265–69.

**Eat a *variety* of foods every day.**

1. Why does the saying “variety is the spice of life” apply to food choices?

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2. Why are different foods eaten together?

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3. Explain the term *moderation*.

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**Emphasize cereals, breads, other grain products, vegetables, and fruits.**

4. What types of grain products and vegetables/fruits should be eaten more often?

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5. How much of your diet should consist of carbohydrates?

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6. What kinds of foods have fibre?

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7. What nutrients are found only in vegetables and fruits?

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**Choose lower-fat milk products, leaner meats, and food prepared with little or no fat.**

8. Explain the difference between visible and invisible fat, giving examples for each.

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*Assignment 3 continued*

9. Compare the number of calories in carbohydrates and protein that you get from fat. (2)

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**Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.**

10. Being overweight contributes to lifestyle diseases. List these lifestyle diseases. (2)

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**Limit salt, alcohol, and caffeine.**

11. List four common sources of caffeine. (4)

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12. Give three suggestions for reducing salt intake. (3)

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