


Sugarloaf Senior High School
Ms. H. White
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Nutrition for Healthy Living 120 as Home Learning

Hi All,

Well you made it to week 3 of home learning.  Great work. I wish everyone good health and positive thoughts moving forward. We are all in this together.

Week 3

1. N.U.T.R.I.E.N.T.S

Using the word “NUTRIENTS,” write two paragraphs pertaining to good nutrition **for each letter** of the word. For example: **N - Nutrients** are found in the foods we eat. Then keep on talking about nutrients. What are they, what do they do? Write 3 or 4 things about nutrients, then use the **letter U**, and continue writing about nutrients.

You may do some research, but reference your websites/sources. Submit your assignment as a word document.

EX: Here is an example using the word B.U.G.:

Bugs are commonly known as “pests”. The scientific name for bug is insecta. There are good bugs and bad bugs. Some annoying bugs are, bed bugs, mosquitos, fleas... **U**seful bugs on the other hand like earthworms, honey bees,...can be helpful in various ways...

2. Lactose Intolerance

Lactose intolerance is a digestive condition, but what does that mean?? What is lactose? What type of saccharide is lactose?? Research the causes, prevalence, symptoms and dietary changes related to lactose intolerance. Include a comparison to milk allergies. What does it mean to be lactose-free?

Prepare a Word document and submit your paper siting your references.

3. Favorite Fruit

Using your favorite fruit, write a report about. If you do not have a favorite fruit, pick one.

The following is a list of what should be included in your report.

- ✓ What are the nutritional facts and health benefits?
- ✓ Nutrients
- ✓ Vitamins & minerals
- ✓ Plant compounds
- ✓ Benefits
- ✓ Downsides
- ✓ Where do they grow?
- ✓ Are they composed of simple or complex sugars?
- ✓ Do they help in preventing any diseases?
- ✓ You may include any other facts and pictures/diagrams you discover

Remember to always site references.