

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

Hello,

I hope everyone is doing well. I also want to say thank you to those of you who are completing the home learning assignments, and keeping in touch. For those who are not, please reconsider, or even send me a note to say hi, and let me know how you are doing. I care about your well being, and I miss seeing all of you.



#### Week 4

- 1. Use the Internet to investigate some of the ways vitamin E is being used today in the prevention or treatment of disease or chronic conditions. Use a Word document or PowerPoint presentation to report on your findings.**
- 2. In this activity you will go back to some of the issues we looked at earlier on in the year and begin to explore the factors which directly influence our personal wellness. These are known as the components of wellness. We will consider how we make choices to help us to be healthy for life, how to set S.M.A.R.T. goals, and how we can overcome challenges that get in the way of making these changes part of an everyday healthy lifestyle. Follow the link, watch videos, take notes, and answer the questions.**

**[https://lah.elearningontario.ca/CMS/public/exported\\_courses/PPZ3C/exported/PPZ3CU1/PPZ3CU1A1/content.html](https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU1/PPZ3CU1A1/content.html)**

**3. This week choose a vegetable and write a report about it. Here is a website to help you get started. You may choose any site you wish.**

**<https://www.nutritionadvance.com/healthy-foods/types-of-vegetables/#tab-con-25>**

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

- ✓ What are the nutritional facts and health benefits?
- ✓ 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.