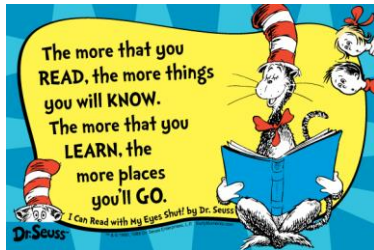


Sugarloaf Senior High School  
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Nutrition for Healthy Living 120 as Home Learning

**Hello Out There,**

**I hope everyone is staying well and trying to keep busy. Read a book, take up painting like one of my students did. Try a new challenge. Do not be afraid to make a mistake. That is what learning is all about. I miss all of you.**



## **Week 5**

- 1. Although iron is required in very small amounts by the body, it is a very common nutrient deficiency. Research information regarding iron deficiencies; who is at greatest risk and why? What are the symptoms and treatment for this problem? Use a Word document or PowerPoint presentation to report.**
- 2. In the following activities you will again look at the components of wellness, I believe it is more important now than ever. Consider this to be a review of learning and your own well being. Follow the link, watch videos, take notes, participate in any quizzes, and answer the questions.**

**[https://lah.elearningontario.ca/CMS/public/exported\\_courses/PPZ3C/exported/PPZ3CU1/PPZ3CU1A2/content.html](https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU1/PPZ3CU1A2/content.html)**

- 3. This week research why white meat has long been considered more beneficial than red meat, especially in terms of reducing cardiovascular risk. But a recent study challenges these claims. The randomized study, published in June in The American Journal of Clinical Nutrition, analyzed 113 healthy participants who were separated into two groups.**

**Here is the link to that study. You may use other sites to justify your answers.**

**<https://www.tmc.edu/news/2019/08/white-meat-no-healthier-than-red-meat-for-reducing-cardiovascular-risk/>**

**Use a Word document or PowerPoint presentation to report. Make sure you write the information in your own words. Do not copy and paste.**