

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

Hello Everyone,

I hope you are all doing well, and have found something that keeps your mind busy, so your brain muscles continue to strengthen. Lol Seriously though, stay motivated, and keep learning. Some people have discovered jigsaw puzzles again, do a crossword puzzle, write a story or a song, have a chat with someone about something different. Now that the weather is nicer get out and breathe in some fresh air.



Week 6

1. Use of Dietary Supplements

Although nutrition experts tell you “food first” for your nutrition needs, dietary supplements are sold in abundance in this country. A dietary supplement provides extra nutrients in the form of pills, capsules, liquid, or powder. They may contain vitamins, minerals, fibre, protein, or other substances such as herbs. They may be single nutrients or multi-nutrient. The percentage of the daily requirement of the nutrient may also vary. Before a person takes a supplement, they should have a physical check-up to determine if one is needed. Use any information you already researched or know regarding the benefits of nutrients, their deficiencies and toxicities to help you. Use Internet resources to examine how supplements are used in the treatment and prevention of health conditions and how they are misused. Who may need supplements? What are the benefits and dangers of taking supplements? Prepare a Word document outlining the conditions that may warrant the use of supplements in the diet and how and why they are needed.

2. In the following activities you will again look at the components of wellness, and factors that determine good health. Follow the link, watch videos, take notes, and answer the questions.

https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU1/PPZ3CU1A3/content.html

3. Vegans eat no animal products, while vegetarians do not eat animals, but may eat products that come from them (such as dairy and eggs). People typically choose these diets because of health concerns, religious restrictions or moral concerns about harming animals.

Vegetarian vs. Vegan: What's the Difference? -This week research the following questions? Justify your answers.

Are vegans healthier than vegetarians?

Which is best, vegan or vegetarian?

What are the benefits? If any?

Discuss any research you may find with regards to religious or moral concerns which have influenced personal decisions to become vegan or vegetarian.

Here is a link to help you get started.

<https://www.cedars-sinai.org/blog/is-vegetarian-or-vegan-diet-healthy.html>

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