

Sugarloaf Senior High School  
Ms. H. White  
Contact: [heather.white@nbed.nb.ca](mailto:heather.white@nbed.nb.ca)  
Nutrition for Healthy Living 120 as Home Learning

Hello,

I hope everyone is well and taking advantage of this time to be with family and loved ones. Time is precious, appreciate every moment.



## **Week 8**

### **1. Benefits of Soy Products**

Research the use of soy products in the prevention and treatment of chronic disease. Where can you find these products? Are there any regulations regarding their use or labelling? Are there any negative health risks to their use? Prepare a Word document or PowerPoint presentation to report your findings.

### **2. Social Factors that Influence Your Health**

In the following activities you will explore some factors that influence your health such as your relationships, your own identity, your genetics, and the physical environment in which you live. You will also continue to explore wellness goals. Follow the link, watch videos, take notes, and answer the questions.

[https://lah.elearningontario.ca/CMS/public/exported\\_courses/PPZ3C/exported/PPZ3CU2/PPZ3CU2A1/\\_content.html](https://lah.elearningontario.ca/CMS/public/exported_courses/PPZ3C/exported/PPZ3CU2/PPZ3CU2A1/_content.html)

### **3. Fad Diets**

There are many fad diets advertised in the media. Research some current, and reliable information online about these diets. Choose one of the diets, research it and complete the following: Below is a website to help you get started

<https://www.health.com/nutrition/best-and-worst-diets-2020>

1. What is the name and source of the diet? Who developed it?
  2. What is the philosophy behind the diet? How is it suggested you will lose weight on this diet? What proof is given? Are there any “claims” or “selling tools”?
  3. How many kcalories/day does the diet provide?
  4. What is the cost of the program? Are there any hidden costs, such as purchasing supplements or exclusive products?
  5. Using what you have learned about the functions of nutrients in the body, and chronic health conditions, evaluate the diet. What are the benefits and health risks of this diet?
- What would you tell a friend who is thinking about going on this diet?

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