Citz 11 **Eating Well Worksheet 2**  Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name the *6 nutrients* required for a balanced diet and the function of each nutrient.

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| Nutrient | Function |
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1. List 3 signs a person might be dehydrated.
2. Michael Pollan says everything he's learned about food and health can be summed up in sevenwords: "*Eat food, not too much, mostly plants*." Do a web search on Pollan’s 7 rules for eating and summarize each rule. ( Webmd works)
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Where do you stand on Michael Pollan’s 7 rules for healthy eating? Do you agree or disagreewith some or all of what he says? Why?

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1. Draw an “Eat Well Plate” with the recommended proportions of each food .....group. Give some examples:
2. Summarize Canada’s Food Guide suggestions on Eating Well and give some examples from your own life of how you incorporate the suggestions.

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1. List the 6 benefits of eating well and being active.
2. According to *The Canada Food Guide* and the *Eat Well Plate* list one healthy eating tip fromeach category listed that you can improve in your diet or one tip that is a regular part of yourdiet.

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|  | Regular part of your diet | Could be Improved |
| Vegetable and Fruits |  |  |
| Grain Products |  |  |
| Meats and Alternatives |  |  |
| Water |  |  |