



## Diet

### General Instructions:

This task has ten question.

Take time to read each question very carefully before attempting to answer. Remember to use complete sentences when answering questions that requires you to explain, describe, define and/or give examples/make list.



### Instruction to begin:

Read each statement and question carefully. Then, write your answers using complete sentences where applicable.



**Questions:**

1. Define the following terms, using complete sentences.

a. Diet

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b. Balanced diet

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c. Digestion

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d. Nutrition

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2. Create a breakfast, lunch or dinner menu to depict a balanced diet.



3. Explain the importance of having a balanced diet.

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4. Use a food pyramid to illustrate all the food groups needed for a balanced diet.

5. Explain why the food pyramid has a triangular shape and why the food categories shown as different sizes wedges of the pyramid.

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6. From the food pyramid you have created in question 4, what diet would you suggest for each of the following? Clearly state your suggested servings.

a. An athlete:

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b. A gymnast:

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7. From the menu you have created, write the names of the foods and the food group they belong to beside each.

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8. Name the Caribbean's main food groups. Give a brief description of each food group. Say what it is and why it is important for us to have it in our diet.

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