

Middle and High School Curriculum

NUTRITION 101

LESSON SIX
FOOD DIET

by Dr. Heather Manley, N.D.

outline
notes





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NUTRITION 101

LESSON 6 Outline notes

Food Diet

STUDENT-FRIENDLY OBJECTIVE

I will grasp the difference between a processed and whole food, the difference between acute and chronic disease, and how these affect my everyday living.

Processed and Whole Foods

What are processed foods and where do you find them? _____

Where is the best place to find whole foods? _____

When were processed foods introduced? _____



List 3 advantages of processed food.

1. _____

2. _____

3. _____

List 3 disadvantages of processed food.

1. _____

2. _____

3. _____



DIFFERENCES BETWEEN ACUTE AND CHRONIC DISEASE

What is an acute disease? _____

What is a chronic disease? _____

COMPARING FOOD AND HEALTH IN THE LAST 100 YEARS

What has changed in the last 100 years in the food industry? _____

What has changed in the health industry? _____
