

ASSIGNMENT 2

1. Outline your understanding as to why we need food. This should only be a paragraph, but should still be informative and demonstrate your understanding.
2. Describe the process of digestion in the human body. Use any available resources to help you to formulate your answer. Write no more than half a page.
3. What foods do you or people you know commonly eat, that could be contributing in a negative way toward weight control? List six such foods and for each one, suggest a substitute that would be a better choice and have less impact upon weight gain, while still providing nutritional requirements the body needs.
4. From your set task, where you identified popular foods, list the carbohydrate, protein and fat contents of at least 3 foods and rank them in order of which is the least healthy, stating why.
5. How many kilojoules should someone who weighs 105 kg and is 170 cm in height consume every day in order to lose weight? (Assuming they are otherwise generally fit and healthy).