Nutrition Review

1. What are Macronutrients and Micronutrients?
2. What are empty calorie foods and examples of them?
3. What are nutrient dense foods and examples of them?
4. What are Carbohydrates?
5. What is the difference between Simple and complex carbohydrates?
6. What is fibre and how do you get it
7. What are fats and why do we need them in our diets?
8. What are examples of good fats and bad fats?
9. What is Protein? What does it do and what is the difference between a complete and incomplete protein?
10. Canada’s Food Guide – What is it and what are its key messages?
11. What are the four food groups and the recommended servings for someone your age?