

Nutrients and Digestion

How can you design a healthful diet?

Chapter 23.4 Virtual LAB

Pg. 728

Question 1: What food items would provide a balanced breakfast? Why?

Answer 1:

Question 2: Why do you think nutritionists and health experts recommend eating fatty and sweet foods only sparingly?

Answer 2:

Question 3: Make a detailed list of all the foods and beverages you eat and drink in one day. Do your food choices make up a healthful diet? What types of foods do you think you need to add to your daily menu in order to have a more healthful diet? Which foods should you eat less of or eliminate?

Answer 3:

Question 4: Was the daily menu you chose from the vending machine a healthful diet? Why or why not?

Answer 4:

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Daily Menu

[illegible]