

# **Nutrition Review**

## **Gr.10 Physical Education**

- 1) Which essential nutrients provide us with energy?**
- 2) Know what are saturated fats and unsaturated fats.**
- 3) What are carbohydrates?**
- 4) What foods are a good source of fiber?**
- 5) How does fat on our body help us?**
- 6) How does protein help our body?**
- 7) Know how to read a Nutrition Label.**
- 8) List the 6 Essential Nutrients**
- 9) Know the Canadian Food Guide (Food Groups) and the servings.**