1. Define Nutrient
2. Outline reasons for why humans suffer from malnutrition
3. Outline consequences on the body for #2 for three different types of nutrients
4. Compare dietary fats and outline the health consequences for each type
5. Outline appetite control
6. Explain causes of obesity
7. Explain the limitations of BMI

CHOOSE ONE

1. Explain how one cause of obesity could be examined- how would you be prove that is the cause scientifically
2. Outline the nutrients in breast milk and explain benefits to the mother
3. Outline how rdi for Vitamin C was determined and suggest a method for determining this ethically