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Personal Health 206 Unit 2: Nutrition and Fitness, Chapters 8, 9 and 10

Reading Comprehension Questions #2: DUE October 3

1. Describe the four characteristics that a healthful diet consists of.

2. What are the seven essential nutrients? Explain the importance of each nutrient.

3. Describe how antioxidants can play a medicinal role in one’s diet.

Chapter 9: Nutrition: Managing Your Weight

4. Describe four reliable methods used to assess one’s fat levels.

5. Describe seven factors that increase one’s risk of obesity. Distinguish between the controllable and

 uncontrollable factors.

6. Which methods of weight control are the most effective? Why?

7. Which methods of weight control are the least effective? Why?

Chapter 10: Personal Fitness

8. What are the differences between physical activity for health, for fitness and for performance?

9. How does regular physical activity improve physical health, mental health, stress, and life span?

10. Describe the key components of a personal fitness program.