

- 1. Provide Short Answers for the Following Questions**
 - i) What are the five major food groups? How much of our daily diet should each group contribute?**
 - ii) What is energy density? What is its relationship with healthy eating?**
 - iii) Why is dietary fiber important in our daily diets?**

- 2. “Fat can be divided into two main groups - saturated and unsaturated.” Discuss the properties of both.**

- 3. Consider your daily diet. What aspects of your daily diet do you think could be improved? What kinds of ‘healthy swaps’ could you make and why would they be beneficial?**