

1. Provide Short Answers for the Following Questions
 - i) What is the meaning of dietary balance?
 - ii) Why is a balanced diet considered important?
 - iii) 'No foods are "taboo" and all foods fit into a healthy eating plan' – what does this mean?

2. Create a sample of your typical daily diet as in the course materials, along with approximate calorie per meal and total calorie count for the day. Discuss how you think your diet could be improved to achieve optimum balance.

3. Discuss the consequences of dietary imbalance. What do you think are the main components of a balanced diet? What can be done to ensure the principles of healthy eating are followed more closely on a daily basis?