

(Syllabus has a different due date – use OCT 3)

All about Breakfast: pg 260 - 263

Answer the following questions about Breakfast. Please type your answers. I expect a complete answer but not more than a short paragraph.

1. How often do you eat breakfast (meaning eating something within 1 -2 hours of waking up)? (circle what is closest to your current habit).
Never once a week 2-3 times per week Most days
2. According to your text and class notes, how is breakfast defined? Time after waking? Food choices? (see page 260)
3. Why should you eat breakfast - what are the advantages/health reasons for eating breakfast. (The text gives several reasons - choose 4 of the reasons you should eat breakfast according to your textbook and discuss what the text says about these reasons - just a short summary)
4. What are 3 of the health consequences of NOT eating breakfast (page 260 - 261)
5. Name 3 reasons text says people often skip breakfast and why these reasons should not be barriers to eating breakfast - or ways to "beat the barrier"
6. If you eat breakfast, what do you usually eat?
 - (a) Discuss your usual choices in terms of **fat** content, **fiber** content and **protein** content (look it up on nutritiondata.com or food labels or just give your opinion of the above as in "high", "moderate" or "low"
 - (b) Then discuss if you think your choice is a "healthy" choice or not and why.
7. After completing this homework, how will you change what you eat for breakfast or IF you will eat breakfast - see "one-minute" breakfast tips.

All about Fiber: Answer "test" checklist on page 71 and 72 of your text after you have read the chapter. Easiest will be to photocopy page 71 and 72 - but if you do not have a way to photocopy, just list the answers by number for p71 (you will have to make up a number) and for pg 72 just right down your choice between the pairs and score it.

1. Score page 71
 - a. What score did you get?
 - b. Do you need to make changes to improve your score?
 - c. What changes would you make - give specific food choices you would change or additions you could make.
 - d. How realistic or easy/hard will it be to REALLY implement any of these changes?
2. Score page 72
 - a. What score did you get?
 - b. Do you need to make changes to improve your score?
 - c. What changes can you make? - give specific food choices you would change or additions you could make.
3. How much fiber is required per day for an adult?
4. Define soluble and insoluble fiber and how they differ. (see pg 63 - 65)