

Notes on Healthy Diet!

1. What was the idea behind the old man doing Tai Chi?
2. Why fruits and vegetables?
3. What are 'whole grains'? Why are they good for us?
4. Are all fats bad? Which ones are the best? Which ones the worst? Why do we like them?
5. The 'right' carbohydrates? What?
6. Not much Salt? (why do we want it?)
7. Not much Sugar? (why do we want it?)
8. Not much alcohol! (why do we want it?)

Extra Credit test points! Bring something healthy to share on the Final Exam! (enough for four-six people). Be prepared to describe why it is healthy and why you chose this dish!