Name: \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Lecturer’s name: \*\*\*\*\*\*\*\*

Date:\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Task:\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**Outline on Diet and Nutrition**

* Diet and nutrition
* What is diet
* What is nutrition
* What it means to be on diet
* Importance of observing diet and nutrition
* Physical effects
* Emotional effects
* Effects of not observing diet and nutrition
* Physical effects
* Emotional effects
* Diet and nutrition plan
* What is balanced diet
* How to achieve a balanced diet
* Diet and nutrition facts
* What you should look for on a food label
* How to read nutrition label on food