Nutrition

Eating a balanced diet is vital for good health and wellbeing. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. We need a wide variety of different foods to provide the right amounts of nutrients for good health. Enjoyment of a healthy diet can also be one of the great cultural pleasures of life. An unhealthy diet increases the risk of many diet-related diseases.

Two minutes of your time

You can take this brief nutrition quiz on your own time

Click here

For more information please contact your Register Dietitian with your Health provider

Source: http://www.ncagr.gov/cyber/kidswrld/nutrition/nutritionQuiz.html