

**Directions:** Be sure to complete reading the chapter **before** you attempt these questions. Answer each question in full, not in point form.

1. Name two foods that you regularly eat that are not grown in Canada.
2. Name two foods that you regularly eat that you think have a long history, that is, that people have been eating for a long period of time. Name one food you eat that is a relative 'newcomer.'
3. In Europe during the Middle Ages, people adopted surnames (last names) based on their occupation or trade. A Miller is a man who ran a mill. Name two other surnames that are based on a trade or occupation.
4. Define fasting as it applies to religions.
5. Select two of the factors from p. 5 that influence food habits, and describe how and why each changed food habits.
6. Review the *Reasons for Eating* on pp.6–10. Briefly describe a personal experience relating to one of the reasons for eating.

7. Name some special occasions that involve feasts.
8. The food we eat depends on “family habits, cultural practice, media advertizing, and new ideas being promoted” (p. 12). Explain how each factor relates to you.
9. Define the terms *wellness*, *lifestyle*, and *stress*.
10. The textbook says on p. 16 that we have a responsibility for ourselves in three related areas. Name these areas and explain how the individual is responsible for each.
11. Define the terms *basal metabolism*, and *metabolic rate*.
12. Look at the picture on p. 18, and answer the question in the caption.
13. Think of your own lifestyle. Do you get enough physical exercise?
14. “...there is no scientific reason to make it a rigid rule.” (p. 19) To what does this quote refer? What are your meal times?