

Faculty _____

Academic status _____

(Staff, grad student, undergrad)

Nutrition Scoreboard

1. You should take some vitamin/mineral supplements "just to be safe." T F
2. According to Canada's Food Guide, 2 to 3 servings of 4 to 5 ounces of meat should be consumed daily. T F
3. Grapefruits, among other citrus fruits, can break down fat deposits, if consumed at each meal. T F
4. Megadoses of vitamins A and D can be toxic. T F
5. Vegetarian diets automatically supply all required nutrients. T F
6. By steaming vegetables, more of the nutrients can be retained than in water-cooking. T F
7. By increasing vitamin C intake, the common cold can be prevented. T F
8. All carbohydrate foods are fattening. T F
9. Commercial dietetic foods are a must for all weight reducing diets. T F
10. Organically-grown foods are not more nutritious than chemically-grown foods. T F
11. Broccoli is a good source of vitamin A and vitamin C. T F
12. In enriching, manufacturers add back all of the nutrients lost in processing. T F

"Your Fitness Questioned"

1. To be worthwhile, exercise bouts must be done until it hurts. T F
2. All the exercise that is necessary is to exercise once a week but it must be a long session. T F
3. It is easy to tell if you're exercising hard enough, you just have to perspire. T F
4. Cardio respiratory fitness refers to the ability of the lungs and heart to get oxygen to the muscles and other tissues to produce energy. T F
5. It is possible to reduce specific areas of the body by doing exercises that concentrate on that area i.e., the waist or hips. T F
6. Regular exercise helps relieve stress. T F
7. Regular exercise will prevent heart disease. T F
8. If females do strength training, they will build up huge muscles. T F
9. Yoga exercises are great for flexibility and improving muscle tone. T F
10. Increased activity results in an increased appetite therefore exercise is not a good thing to do if you're trying to lose weight. T F
11. Exercising in a rubberized suit causes greater weight loss. T F
12. Exercising is expensive because of all of the equipment necessary. T F

PRE-LAW ORIENTATION SEMINAR

Ever wondered what being a Law student is like? We can help you find out. The Students' Union and Student Counselling Services are co-sponsoring a PRE-LAW SEMINAR.

Place: TL:12

Date and Time: 3:30 PM, Wednesday, 12 March 1980

Who: Anne Dryden, Faculty of Law
Dr. Dick Kimmis, Student Counselling
The Law Students' Association
Chanchal Bhattacharya, Students' Union

Why: TO HELP YOU!

For more information, contact Student Counselling Services, 102 Athabasca Hall, phone 432-5205; Chanchal Bhattacharya, Vice-President (Academic), 259 Students' Union Building, phone 432-4236.



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