

Nutrition Assignment List (For Notebook Under Nutrition Tab)

- 1) Worksheet Supersize Me
- 2) Ch 1 Discussion Topics 1,3,7,9,and 10
- 3) Ch 2 Discussion Topics 1,6,9,and 15
- 4) Ch 3 Discussion Topics 1,3,and 6
- 5) 24 hour food recall/diary
- 6) Worksheet using 24 hour recall/food diary
- 7) Worksheet myplate.gov exercise
- 8) Ch 4 Discussion Topics 1,2,3,and 6
- 9) Ch 5 Discussion Topics 1,2,6,and 8
- 10) Ch 6 Discussion Topics 1,3,5,9,and 10
- 11) Ch 7 Discussion Topics 1,5,6,and 8
- 12) Ch 8 Discussion Topics 1,4,7,and 9
- 13) Ch 9 Discussion Topics 1,3,and 7
- 14) Ch 11-15 Write out problems of Nutrition 1-27
- 15) Ch 11-15 Report on assigned topic
- 16) Ch 16 Discussion Topics 1,6
- 17) Ch 17 Discussion Topics 1,2,3, and 4
- 18) Ch 18 Discussion Topics 1,9 and 10
- 19) Ch 19 Discussion Topics 3,7,8, and 9
- 20) Ch 20 Discussion Topics 2,5 and 7
- 21) Ch 21 Discussion Topics 1 and 3
- 22) Ch 22 Discussion Topics 2,4,7 and 10
- 23) Ch 23 Discussion Topics 1,5,6,7 and 9