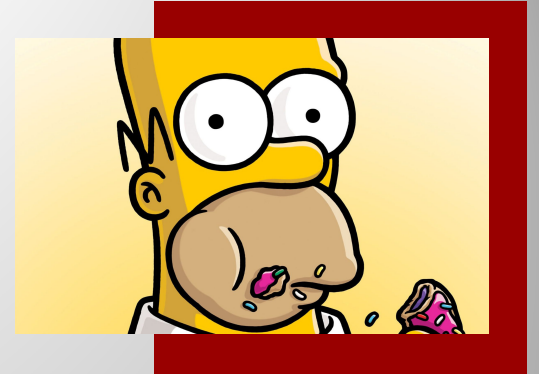


Homework... what?



For 28 September, “Nutrition & Obesity, Part 1”:

1. Download USDA My Plate graphic (found on Scoutlander)
2. Review Req #2: Nutrition
 - a. “Choosing What to Eat” MB pamphlet: pgs. 51- 61; (Kindle pgs. 88 – 103)

“Electives”

1. Chat with parents re: eating habits
 - a. What are your favorite foods?
 - b. How frequently do you eat?
 - c. How do your choices compare to a My Plate balanced meal?
2. Take a tour of the pantry (where / why are foods stored in particular areas).