

# Health & Wellness



## HEALTH ASSIGNMENT MARCH 18, 2020



### CHAPTER 8:

### "FOOD AND NUTRITION"

Chapter 8 -Section 2 & 3: Read pages 202 - 214

#### Vocabulary

1. vitamin
2. antioxidant
3. mineral
4. anemia
5. homeostasis
6. electrolyte
7. dehydration
8. "Dietary Guidelines for Americans"
9. nutrient-dense food

Section 2 - Page 209: Answer questions 1 - 6

Section 3 - Page 214: Answer questions 1 - 3

Starting tomorrow, Thursday, March 19, 2020 and ending next Thursday, March 26, 2020, keep a chart of what you eat for each day, breakfast, lunch, dinner and any snacks.

I will send in separate email with a sample Meal Plan. Pick Plan A, B, or C. Compare your 7-day chart of foods to the recommended amount in the plan that you pick.

**ASSIGNMENT IS DUE FRIDAY, MARCH 27, 2020.**