

Health & Wellness



MRS. KELLEY'S HIGH SCHOOL HEALTH CLASS NEWS

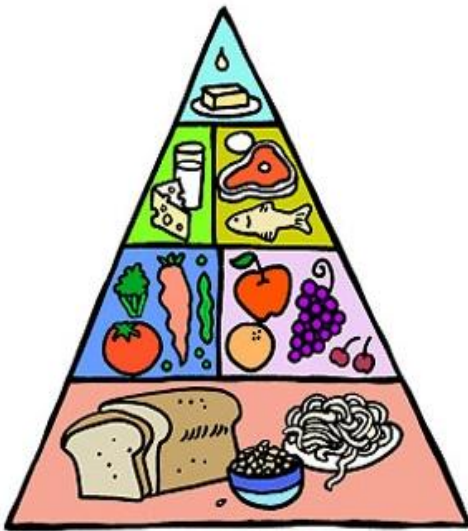
WEEK OF MARCH 23, 2020

CHAPTER 8

ASSIGNMENT DUE FRIDAY, MARCH 27, 2020

Chart your meals and snacks from Thursday, March 19, 2020 until Thursday, March 26, 2020.

Please make sure the chart lists each meal separately: Breakfast, Lunch, Dinner and any snacks for each day.



On Friday, March 27, 2020 you should compare what you ate at each meal with the recommended amounts from the handout.

In a paragraph, summarize how your diet compared to what is recommended and depending on your findings, how you could improve your diet.