

UNIT 4 : NUTRITION

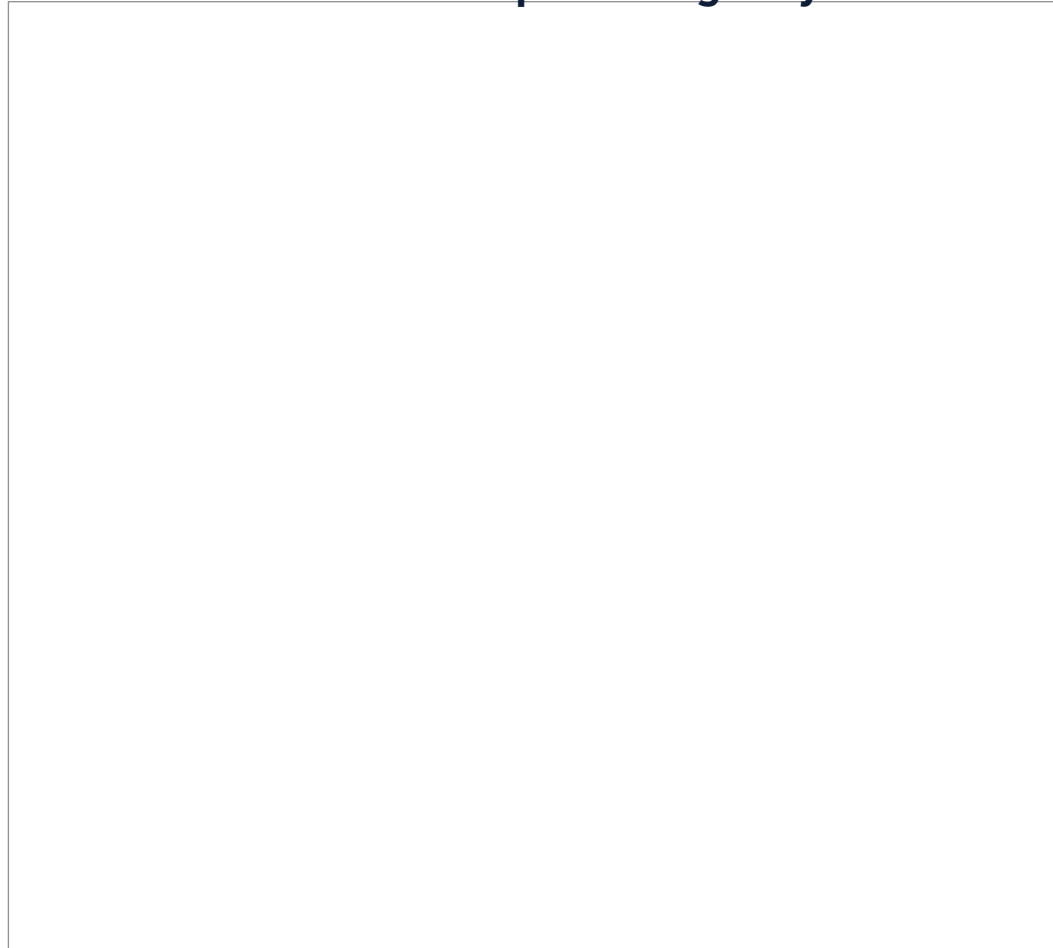
ACT

1. Use the nutritional information learned in this unit to plan a healthy meal you can create yourself or purchase. Select a whole meal, not a snack.
2. Create a list of the ingredients in the meal that can serve as a shopping list.
3. Write down the foods and serving sizes for all items in the meal. For example, if you include a sandwich be specific about the bread you use, if you are having chicken, is it grilled or fried? Also be sure to include any condiments and beverages included with your meal and their serving sizes.
4. Enter the information into the appropriate section of your Heel Print below.
5. Create or purchase the meal and take a picture of it. Upload the picture to your Heel Print on page 13.
6. Then enjoy the meal!
7. Following your meal, complete the **Unit 4: Reflect** section of your Heel Print.

MY MEAL	SHOPPING LIST	Qty
<div style="border: 1px solid black; height: 34px; width: 100%;"></div>		
<p>MEAL DETAILS</p> <div style="border: 1px solid black; height: 427px; width: 100%;"></div>		

MY MEAL IMAGE

Click button below to upload image of your meal



UNIT 4 : REFLECT

Use the space below to reflect on Lab #4 activities specific to the following:

1. Analyze the meal you created using the Food Data Central website found here: [Food Data Central](#)
2. Enter each food item in search box, then calculate and list the following for each food: % of kcal from Carbohydrates, Fats, and Protein.
3. Describe how this meal relates to your specific activity class and the benefits it provides.
4. If you consumed this meal before class would it prepare you for your activity? Or if you consumed this meal after class would it help you recover? Explain why.

Upon completing all Unit 3 activities, SAVE your updated Heel Print and SUBMIT it to your instructor.

FOOD	%Carbs	%Fat	%Protein