

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
<input type="text"/>		
<p>MEAL DETAILS</p> <div style="border: 1px solid black; height: 400px; width: 100%;"></div>		

MY MEAL IMAGE

Click button below to upload image of your meal



