

Name: _____

Period: _____

Total: + _____/30

NUTRITION/BALANCED BODY ANALYSIS

Understanding what constitutes healthy behavior (including healthy nutrition and physical activity) and developing a healthy and accepting attitude about one's body image can lead to a healthier and happier life. The goal of this assignment is to help expand your understanding of healthy nutrition and to think critically about your own attitudes and perceptions about a "balanced body." *Choose and research THREE nutrition concepts/controversies, including (but not limited to) some of the following: Who is the best-qualified expert on nutrition; Sugar: is it "bad" for you; Sugar Substitutes and Artificial Fats; Food, Mood, and Time of Day; Vitamin Supplements; Eating Disorders; Are Fat Calories More Fattening; Strategies for Consumers, etc. Research information about your nutrition concepts/controversies, provide a summary of what you read, and reflect on the information you've learned. Fill out the form below and attach a copy of each of the 3 articles you read. Worksheet due no later than March 7th.*

TITLE of Article: _____ Author: _____

Source: _____ (magazine/journal name, website address, etc.)

1. Summary/Description of this article (What did you learn about this nutrition concept/controversy? Include relevant facts/debates on this topic)

2. Reflect on how can this nutrition concept/controversy be addressed? (What will you do with this information?)

TITLE of Article: _____ Author: _____

Source: _____ (magazine/journal name, website address, etc.)

3. Summary/Description of this article (What did you learn about this nutrition concept/controversy? Include relevant facts/debates on this topic)

4. Reflect on how can this nutrition concept/controversy be addressed? (What will you do with this information?)

TITLE of Article: _____ Author: _____

Source: _____ (magazine/journal name, website address, etc.)

5. Summary/Description of this article (What did you learn about this nutrition concept/controversy? Include relevant facts/debates on this topic)

6. Reflect on how can this nutrition concept/controversy be addressed? (What will you do with this information?)