Understanding what constitutes healthy behavior (including healthy nutrition and physical activity) and developing a healthy and accepting attit about one's body image can lead to a healther and happier life. The goal of this assignment is to hole expand your understanding of healthy and at 0 think critically about you won stitudes and perceptions about a "balanced body." Choose and research THREE marking conceptications are "balanced body." Choose and research THREE marking is to be provided as and Artificial Fast. Food. Mood, and This of Tay. (Vitamin Supplements: Easing Disorder, Super is a "bad" for Daniel and Artificial Fast. Food. Mood, and This of Tay. (Vitamin Supplements: Easing Disorder, Super is a "bad" for Daniel and Fast. (Fast. Food. Mood, and Time of Tay. (Vitamin Supplements: Easing Disorder, Super is a "bad" for Daniel and Fast. (Fast. Food. Mood, and Time of Tay. (Vitamin Supplements: Easing Disorder, Super is a "bad" for Information you've learned. Fill out the form below and attack a copy of each of the 3 articles you read. Workshee due to steen than 8 year. [ITILE of Article:	Name:		Period:	Total: +	/30	
about one's body image can lead to a healthir and happier life. The goal of this assignment is to help expand your understanding of healthy nut and to think critically about your own attitudes and perceptions about a "balanced body." Choose and research THREE matrixion "bad" for Sugar Substitutes and Artificial Fasts; Food, Mood, and Time of Day; Vitamin Supplements; Eating Disorders; Are Pat Calories More Pattening, Strategies for Consumers, etc. Research information about your matrition concepts/controversies, provide a summary of what you read, and reft 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 3 7°. TITLE of Article:		NUTRITION/BALANCE	ED BODY ANALYSIS			
Source:	about one and to thi concepts/ Sugar Sul Strategies on the inf	or stitutes and Artificial Fats; Food, Mood, and Time of Day; Vitamis for Consumers, etc. Research information about your nutrition co	this assignment is to help expand anced body." Choose and research Who is the best-qualified expert in Supplements; Eating Disorders incepts/controversies, provide a si	your understanding of heach THREE nutrition on nutrition; Sugar: is it "t; Are Fat Calories More Faummary of what you read,	althy nutrition rad" for you; attening; and reflect	
1. Summary/Description of this article (What did you learn about this nutrition concept/controversy? Include relevant facts/debates on topic) 2. Reflect on how can this nutrition concept/controversy be addressed? (What will you do with this information?) TITLE of Article:	TITLE of	Article:	Author:			
2. Reflect on how can this nutrition concept/controversy be addressed? (What will you do with this information?) TITLE of Article:	Source: _		(magazine/journal	name, website address, etc	.)	
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