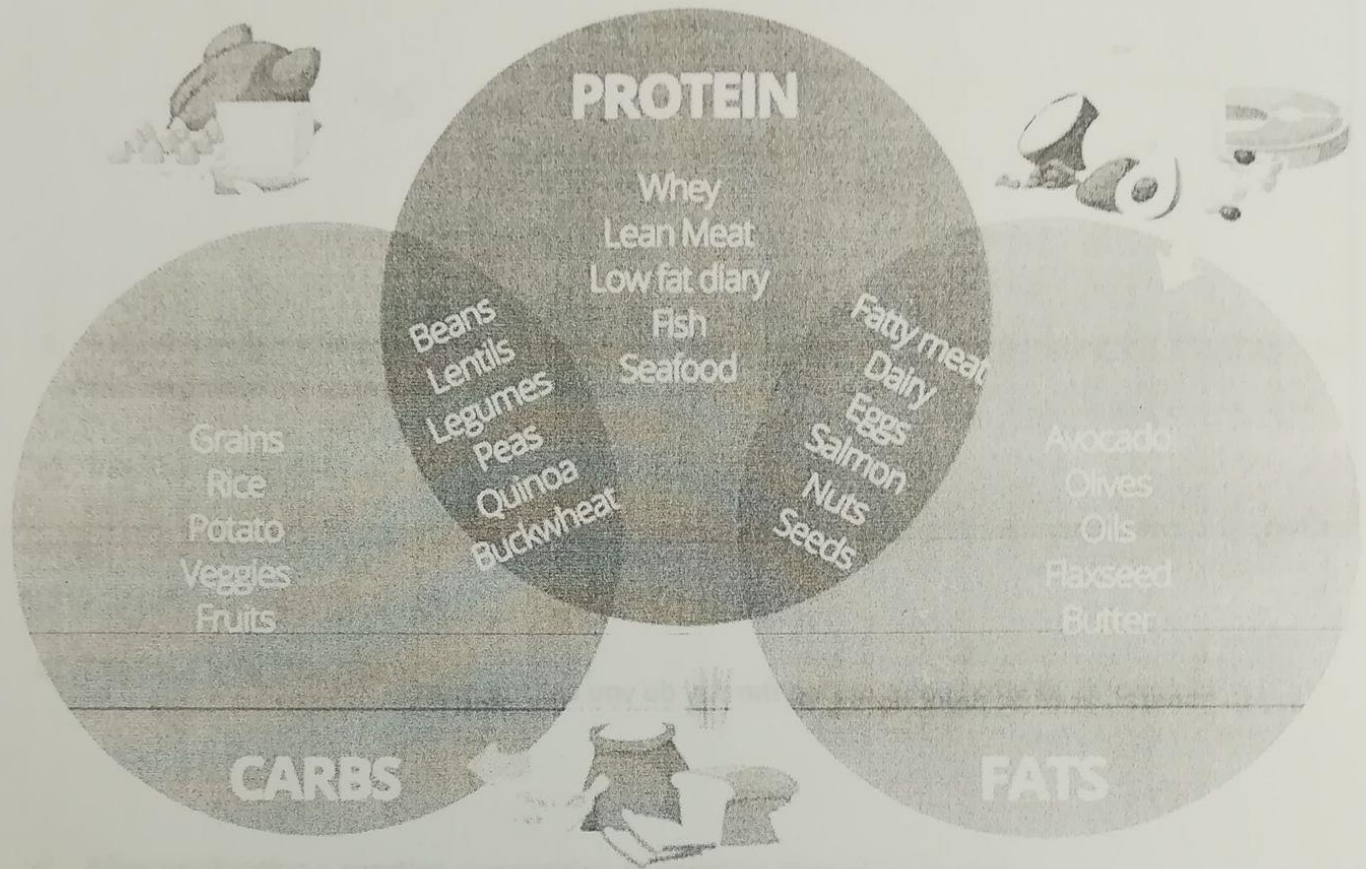


NUTRITION ASSIGNMENT



PROTEIN: BUILD & REPAIR TISSUES- HAIR & NAILS ARE MADE OF IT (BUILDING BLOCK OF BONES, MUSCLES, CARTILAGE, SKIN & BLOOD)

CARBS: ENERGY

FATS: STORE ENERGY, INSULATE US AND PROTECT OUR VITAL ORGANS

EXAMPLES OF HEALTHY MEALS

BREAKFAST	LUNCH	SUPPER

1. In general, at what point during the day do you eat the most?
2. Do you consider yourself to have healthy eating habits? Explain.
3. What is the most important thing about your nutrition? Explain.
4. Do you drink enough water? If not, what can you do to help increase your water intake daily?

5. Indicate some strategies for making better food choices according to the intensity level of physical activity?

6. Explain to me some good eating habits and what you should be concentrating your nutrition on for the following examples:
 - a) Prior to engaging in an hour of moderate to vigorous activity:

 - b) During a long bike ride of over an hour

 - c) After performing a sporting competition or aerobics class of some sort: