Notebook Assignment #4

Nutrition Page:

1. Google “My Plate” then **Draw a picture** of “My Plate”: in a paragraph describe how it should influence your food choices.

2. Number your paper from 1-6. List the 6 essential nutrients and give one example of a food that fits in that category and explain why they are important.
   - Carbohydrates-
   - Protein-
   - Fat-
   - Vitamins-
   - Minerals-
   - Water-

3. Describe the **Caloric Intake** versus **Energy Expenditure** through:
   - Serving Size
   - Reading a Food Label
   - How much is burned through physical activity
   - Basil Metabolic Rate

4. Discuss with whoever prepares your families meals, your favorite **HEALTHY** recipe and include the following information in a **Word** Document on the computer:
   - Your NAME and class period.
   - NAME of the recipe –
   - Ingredients needed the recipe-
   - Directions on how to make the recipe-
   - Nutritional information and portion size of the recipe–

5. Attach the **Word Doc.** and Email the **HEALTHY** recipe to Mr. Ellis to the following email address:
   - ceellis@aps.k12.co.us
   - Include your full name FIRST/LAST and Class period in the **subject line** of your email.