

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
 - Basal 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.