

What's for Dinner?

Outcome: 3.15 critically analyze industry's impact on body image and healthy eating

1. Create your own personal food guide



2. Learn how to read nutrition labels



3. Complete a meal plan for one day. You can do this on paper, using an app of your choice, or on the computer. Keep the image below and your nutritional needs in mind when planning your food choices. Caloriecount.com will give you a good starting point for looking up nutritional information.

