

## Homework... what?



### For 5 October, "Nutrition & Obesity, Part 2":

1. Review USDA My Plate graphic (found on Scoutlander)
2. Review Req #2: Nutrition
  - a. "Choosing What to Eat" MB pamphlet: pgs. 51- 61; (Kindle pgs. 88 – 103)

### "Electives"

1. Chat with parents re: eating habits
  - a. What are your favorite foods?
  - b. How frequently do you eat?
  - c. How do your choices compare to a My Plate balanced meal?
2. Take a tour of the market (where / why are foods stored in particular areas).