MCJROTC ONLINE COURSE WORK

INSTRUCTOR: SGTMAJ ALEXANDER LAMBERTH

LEI

WEEK 1: 3/23/2020 – 3/27/2020

SUBJECT: Category 3 – Personal Growth and Responsibility

 Skill 2 – Health, Hygiene and Nutrition

RESOURCE: LEI Student Textbook

**SUBJECT: You Are What You Eat (Pages 165 – 169)**

ASSIGNMENT: Learning Activity:

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| OPTION #1 | Plan 3 days of meals for your family using what you have learned and calorie counters.Be certain that you review the information covered about food groups, cholesterol, recommended daily calorie consumption, etc. and use it in planning the meals. Note: Cadets may work in pairs or small teams to complete this activity, but each cadet must produce his/her own healthy meal plan. |
|  | For each day’s meal, have cadets record the food group, number of servings, and number of calories for each item. |
|  | At the end of each day’s list, cadets total the number of servings for each food group included in the day’s menu and the total number of calories consumed. |
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| OPTION #2 | For homework, cadets keep a daily record of the foods they eat for \*\* days, indicate the food groups, # of servings, and calories consumed, whether you were over or under the recommended servings/food groups, and total # of calories. At end of \*\* days, cadets make suggestions for improving eating habits. |

Turn-In Instructions: TBD







