April 27- May 1

Chapter 3 – Making Healthful Choices

Monday: My Plate

Use PowerPoint to fill in MyPlate handout.

Tuesday: Dietary Guidelines

Use PowerPoint to fill in Dietary Guidelines handout.

Wednesday: Food Labels

Study thedifferences between old and new labels using handout

Watch a video on New Food Labels

*Reading and Understanding the New Food Label* (if possible)

List 5 things you learned.

Thursday: Healthy Eating Ideas

List at least 5 healthy snack, breakfast, lunch, and dinner ideas **each** that you could possibly eat next week.

Friday: Exercising Ideas

List at least 5 exercising ideas that you could do next week

Get an App to keep up with your eating and exercising next week. I suggest MyFitness Pal or My Plate.

Keeping up with what you eat actually helps you eat healthier.

\*ChooseMyPlate.gov is a great resource to use for the next 3 weeks!