2013 Winter Health Checklist

Nutrition Chapter 9

AGS Life Skills Health **2007**

Mr. Snap

Students can highlight sections or underline in their books. *NO WRITING ANSWERS IN THE BOOK*! Write in student **workbook**. Read directions **twice** to make sure you do everything right! *Students who finish homework early with 100% will get play-time at the end of the week.*

Parent/Staff sign off when each homework is completed correctly and that the student did the work honestly, without cheating; and asked for help when needed.

**Day One in Class**

\_\_\_\_\_ - Self-Study overview

\_\_\_\_\_ - Self-Assessment “**Before**”

\_\_\_\_\_ - Read pages 203-205

**Homework Due Day Two**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - A Healthy Diet Activity

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Page 209

**Day Two in Class**

\_\_\_\_\_ - Check/review homework

\_\_\_\_\_ - Read 206-211

**Homework Due Day Three**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Carbs, Fat, Protein Activity

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Page 215

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The Role of Diet in Health Outline – Chapter 9/9

**Day Three in Class**

\_\_\_\_\_ - Check/review homework

\_\_\_\_\_ - Read 212 – 218

**Homework Due Day Four**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Vitamins, Minerals, and Water Activity

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Vitamins, Minerals, and Water Workbook Activity

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Page 220

**Day Four in Class**

\_\_\_\_\_ - Check/review homework

\_\_\_\_\_ - Read 221-224

**Homework Due Day Five**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Special dietary needs

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Page 224

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Page 226

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Page 227

**Day Five in Class**

\_\_\_\_\_ - Check/review homework

\_\_\_\_\_ - Do Self-Assessment “**After**”

\_\_\_\_\_ - Read 225, 228

\_\_\_\_\_ - **Open Book/Notes test on Day SIX**