

Monday, February 10th

- ▶ Check questions 1-5
- ▶ Complete Nutrition Label Comparison
- ▶ Complete Fooducate Packet 1
- Fill in your agenda with:
 - Answer questions 1-5
 - Nutrition label comparison
 - Fooducate Packet 1

Tuesday, February 11th

- Take out your Fooducate packet (1) we will be going over these shortly
- Read and highlight the Importance of fruits, dairy and proteins
- Complete questions 6-19 ONLY
- **Fill in agenda with:**
- Discuss Fooducate Packet (1)
- Read about fruits, dairy and proteins
- Complete questions *6-19 ONLY*

Wednesday, February 12th

- Go over questions 6-19 from fruits, dairy and protein.
- Complete Fooducate packet (2)
- Complete The Wellness Scale
- **Fill in agenda with:**
- Go over questions 6-19
- Fooducate Packet 2
- The Wellness Scale

Thursday, February 13th

- Complete My Totally Awesome Wellness Scale
- Read the Importance of Physical Activity and Water
- Complete questions 20-25
- **Fill in agenda with:**
- Complete My Totally Awesome Wellness Scale
- Read Why Physical Activity and Water are important.
- Complete questions 20-25

Friday, February 14th

- Discuss questions 20-25
- Read: Physical Intensity Level and complete activity.
- Homework: Two Days in My Life (due Tuesday)
- **Fill in agenda with:**
- Physical Intensity Level with activity
- **Homework due Tuesday:** Two Days in My Life