

Monday, September 23rd

- ▶ Turn in Homework: Two Days in My Life Journal
- ▶ Go over questions 20-25
- ▶ Watch video clips: Choose My Plate and How to follow USDA My Plate and answer questions.
- ▶ Turn into basket.
- ▶ Fill in agenda with:
- ▶ Turn in Two Days in My Life Journal
- ▶ Turn in questions
- ▶ My Plate Video clips

Tuesday, September 24th

- ▶ Discuss and turn in Conditions for Physical Activity and Wellness Scale
- ▶ Today we will be going to the lab to work on “You Are What you Eat, Right?” Complete today and turn in tomorrow
- ▶ Fill in agenda with:
- ▶ Working on “You Are What you Eat, Right” worksheets.

Wednesday September 25th

- ▶ Today we will be working to complete “You Are What You Eat, Right?” When you finish this assignment please begin Fooducate Label Detective Assignment
- ▶ Fill in agenda with:
- ▶ You Are What You Eat, Right?
- ▶ Fooducate Label Detective Assignment

Thursday, September 26th

- ▶ Finish and turn in “You Are What You Eat, Right?”
- ▶ Complete Fooducate Label Detective Assignment and hand in.
- ▶ Fill in agenda with:
- ▶ Finish “You Are What you Eat, Right” worksheet.
- ▶ Fooducate Label Detective
- ▶ Health Crossword Puzzle

Friday, September 27th

- ▶ Turn in your “You Are What You Eat, Right? And Fooducate Detective
- ▶ Take Fooducate Quiz
- ▶ Complete Vegetables & Fruits crossword puzzles and word searches.
- ▶ **Fill in agenda with:**
- ▶ **Turn in You Are What You Eat packet.**
- ▶ **Fooducate Quiz**
- ▶ **Crossword puzzle and word search**