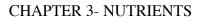
)	CHAPTER 3- NUTRIENTS
	Parent Connection
	The subject that we are studying right now is Nutrients and how they affect Nutrition and Health.
	With your family's involvement, make up two different diets. One diet should be for losing weight and the other diet would be for building muscle. Explain your choices. Turn into the teacher.
	Diet 1- Weight Loss
	Breakfast
	Lunch
)	Dinner
	Diet 2 – Muscle Building
<b>)</b>	Breakfast
	Lunch
	Dinner
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## **My Family Goals**

## "My Personal "Nutrients" goals

Pick a big goal that's related to making sure you have important nutrients in your diet every day. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.