

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

Breakfast _____

Lunch _____

Dinner _____



