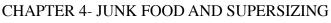
## CHAPTER 4- JUNK FOOD AND SUPERSIZING

## Parent Connection

The subject that we are studying right now is Junk Food and how it affects Nutrition and Health.



With your parent's involvement, read a cooking magazine or a cookbook to find a new, healthy recipe and write the recipe on a recipe card you designed. Bring the card to class and share. Ask your family to try the recipe at home and see how they like it!



## **My Family Goals**

## My Personal "Junk Food" Goals

Add these directions: Pick a big goal that's related to watching the amount of junk food in your diet. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.