

Parent Connection

The subject that we are studying right now is Feelings and how they affects Nutrition and Health.

Ad's for Foods

During television shows, many companies run ads for foods. With your parents' involvement, watch between 30-60 minutes of television. Record every commercial advertising food. Then determine if the food advertised is a good mood food.

FOOD ADVERTISED

IS FOOD A GOOD MOOD FOOD?

Explain your answers.

Get Rid of Stress

With your parents involvement, create a list of things you might try if you feel very stressed or worried. Bring your ideas to class tomorrow for sharing.

My Family Goals

My Personal "Feelings" Goals

Pick a big goal that's related to paying attention to your feelings and how they affect your diet. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.
