


Power of Choice - Nutrition **Course Description**

Do you wonder how to “*Fuel the Teen Machine*”? Students interested in becoming empowered with the tools necessary to make healthy lifestyle decisions will benefit from this course. You will find the answers to: How do you gain nutritional balance to maintain the energy for family, school, friends, and...life? How do you detect myth from fact in choosing the components of your diet? How do you use current resources to create your personal plan to perform at your optimal level? In this class, students will develop the following skills all within the context of nutrition: goal setting; your personal nutritional needs; food labeling; measurement and portion control; fuel analysis; meal prep and meal planning; and fitness planning. The Power of Choice is yours!

<p>SKILL</p>	<p>Goal Setting</p> 	<p>Determine YOUR Nutritional Needs -All about you!</p> <p><i>you</i></p>	<p>Food Labeling</p> 	<p>Measurement and Portion Control</p> 	<p>Fuel Analysis</p> 	<p>Meal Prep and Meal Planning</p> 	<p>Fitness Schedule Creation</p>  <p><small>©2019 by @muck.com • 547318652</small></p>
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CONTENT AREA

- Start with Intentions (intention notebook)
- SMART goal setting
- Starter: 'a better you'
- Top 20



- Family Tree
- Basal Metabolic Rate
- Daily Caloric Intake
- My Fitness Pal- set up-personal recommendations for: Calories, Macros, sodium, sugar
- My plate recommendations.



- Reading food labels
- Macronutrients- Labeling food according to the macros.
- Michi's ladder
- No No list



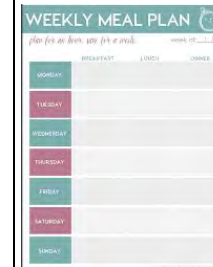
- Sugar measuring
- Choose My Plate webquest
- Serving sizes according to my plate.
- Combine CONTAINERS and my plate recommendations



- My Fitness Pal project
- My Fitness Pal Action Plan



- Meal planning and meal prep videos
- My perfect day
- Meal Prep



- Create your own fitness schedule based on YOUR goals!!

