

Healthy Eating, Healthy Living

Choose an “eating style”:

- Low carb
- Low fat
- Paleo
- Vegan
- Vegetarian

Research about your chosen eating style.

- Define style of eating
 - Find 3 meal plans for breakfast, lunch, dinner, snack(s)
 - Include the nutritional info (calories, total fat, carbs, sugar, protein) if it's given
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1. Title Slide
 - a. Healthy Eating, Healthy Living
2. Nutrition Guidelines
 - a. Name of chosen diet
 - b. Define
 - c. Recommended Foods/Disapproved Foods (may be on another slide – table would be best to display info)
3. Healthy Living Benefits (3 -5 bullets)
4. Meal Plan (3 meals for breakfast, lunch, dinner, snack(s))
 - a. This will require several slides
 - b. Display the information in a easy to understand format – such as a table
5. Tips
 - a. Example – how to stay on track, vitamins to take, etc.
6. Recommended Exercise
 - a. In general, how many days/hours should we exercise?
 - b. What type of exercises?

Be sure to include relevant images, add transitions and animations.

If you have access to PowerPoint, Google Slides, or any type of app/program to create slides, use it to create this project. If you are limited, please create and design your slides on paper.

Submit your work to me via email (sheley.carolyn@lee.k12.al.us).