

Nutrition: What Your Body Needs

Final Assignment Instructions

In this lesson, you have learned that your body responds to the foods you eat in different ways. Certain foods contain what the body needs to function, while others can cause problems. You will now write an essay that shares what you have learned and what you think about it. You will need a printout of your notes.

- **Choose** one of the topics below and **write** an essay.
- **Organize** your response so that it includes at least three supporting details that you have learned from the reading passage, video, and other materials in this lesson.
- **Use** at least three vocabulary words (or a form of the words) as part of your supporting details. For example, for the word *jump*, you could use *jumps*, *jumped*, or *jumping*.

Essay Topics

1. List the factors related to good food choices and describe why they are important for your body's health. Include in your essay the important nutrients in a well-balanced diet.
2. Explain what people can learn about their food from nutrition facts labels. Be sure your essay talks about important details such as ingredients that may be "hidden" or not well explained.
3. Write a plan for improving the way you eat. Be sure your plan includes:
 - a. What you currently eat during the day, and where.
 - b. What foods you would continue to eat or add to your diet.
 - c. What foods you would decrease or remove from your diet.

Explain why you made these choices. You may want to structure your essay as breakfast, lunch, dinner, and snacks.

Vocabulary Words

absorbed	nutrients
diabetes	nutrition
diet	processed
digestion	