

# KNOW 6\*FIT YOUR NUTRIENTS

Use your knowledge about the Top Six Nutrients to answer the following questions, and then fill in your personal pyramid at the bottom of the page with the names of the food you need to eat throughout the day to get the nutrients you need for your day.

## 1. WHAT ACTIVITIES DO YOU HAVE PLANNED FOR TODAY?

Morning (7am - 11am)		Mid Day (11am - 2:30pm)	
After School (2:30pm - 6pm)		Night Time (6pm - 9pm)	

## 2. WHAT NUTRIENTS DO YOU NEED TO EAT TO HELP YOU PERFORM YOUR ACTIVITIES?

Morning (7am - 11am)		Mid Day (11am - 2:30pm)	
After School (2:30pm - 6pm)		Night Time (6pm - 9pm)	

## 3. EXPLAIN HOW THE NUTRIENTS YOU LISTED IN QUESTION 2 WILL HELP YOU PERFORM YOUR ACTIVITIES.

Morning (7am - 11am)		Mid Day (11am - 2:30pm)	
After School (2:30pm - 6pm)		Night Time (6pm - 9pm)	

