

Goal 2

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 TIME TODAY WILL YOU DO 20 MINUTES OF CARDIOVASCULAR EXERCISE?




Morning (7am - 11am) <input style="width: 90%;" type="text"/>	Mid Day (11am - 2:30pm) <input style="width: 90%;" type="text"/>
<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>
After School (2:30pm - 6pm) <input style="width: 90%;" type="text"/>	Night Time (6pm - 9pm) <input style="width: 90%;" type="text"/>
<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>

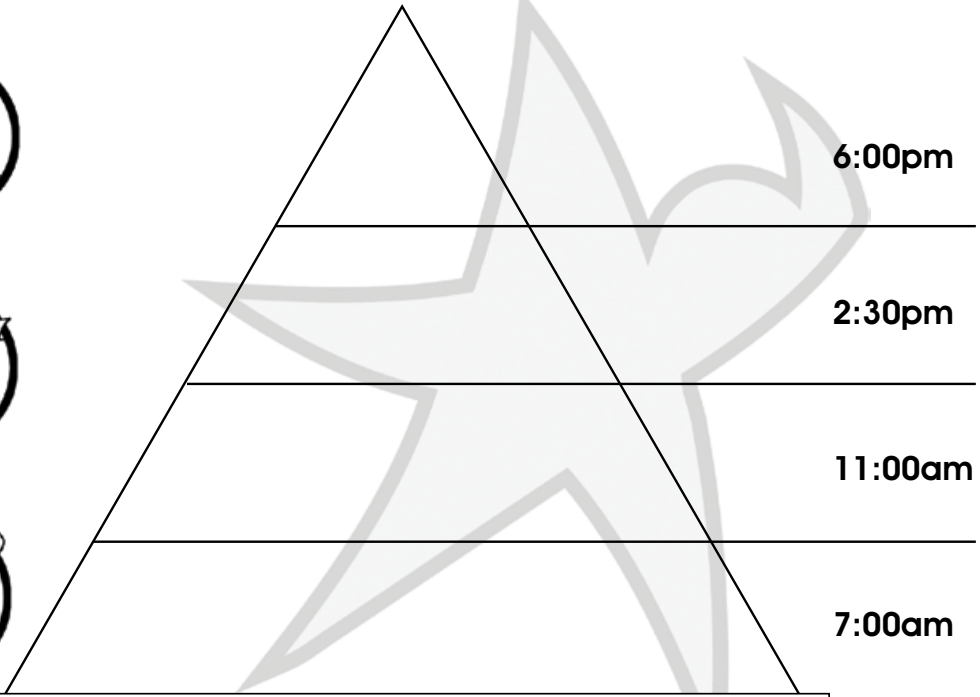
2. WHAT NUTRIENTS DO YOU NEED TO PERFORM 20 MINUTES OF CARDIOVASCULAR EXERCISE?




Morning (7am - 11am) <input style="width: 90%;" type="text"/>	Mid Day (11am - 2:30pm) <input style="width: 90%;" type="text"/>
<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>
After School (2:30pm - 6pm) <input style="width: 90%;" type="text"/>	Night Time (6pm - 9pm) <input style="width: 90%;" type="text"/>
<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>

3. EXPLAIN HOW THE NUTRIENTS YOU LISTED IN QUESTION 2 WILL HELP YOU PERFORM 20 MINUTES OF CARDIOVASCULAR EXERCISE.

Morning (7am - 11am) <input style="width: 90%;" type="text"/>	Mid Day (11am - 2:30pm) <input style="width: 90%;" type="text"/>
<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>
After School (2:30pm - 6pm) <input style="width: 90%;" type="text"/>	Night Time (6pm - 9pm) <input style="width: 90%;" type="text"/>
<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>



Time of day + activities at that time + what food you need!