***Nutrition AssignmentS for PE Concepts – Ms House***

***BOTH ASSIGNMENTS ARE DUE Wed Oct 30th OR Thu Oct 31st!!!***

1. Write down a list of everything you eat in one day(any day you would like to tell me about). Please list how much of each item(EX: 1 20oz Pepsi, one ‘big bag’ of lays ridged potato chips).
2. Make me a weekly menu (21 meals) for a family of 3, using the HENHOUSE ad for ideas. HERE ARE THE GUIDELINES:
* You may have the SAME BREAKFAST every day.
* You may have the SAME LUNCH twice. (so at least 4 different lunches)
* You may have the SAME DINNER twice(leftovers ☺)
* You may GO OUT TO DINNER TWICE. (just tell me what restaurant)
* Each day must include the following in the three meals altogether:

6 servings of grains/bread

5 servings of fruits/vegetables

2 servings of protein (meat, beans, nuts, etc)

2 servings of dairy

2 servings of fats

* YOU ALSO MUST MAKE A SHOPPING LIST OF THE ITEMS YOU NEED TO BUY TO MAKE YOUR MEALS!!!