

Individual Checklist You Are What You Eat

Name _____ Date _____ Period ____

	Yes	No
I completed the Food Log worksheet for 5 days.		
I completed 20 note cards re: My Research.		
Two or more of my 20 note cards refer to obesity and health problems related to obesity.		
Information recorded by me on my note cards will assist my group in making healthy meal menus and presenting healthy food choices to the class.		
Information recorded on my note cards will assist my group in presenting ideal healthy weights for 3 body types at specified heights.		
Information recorded on my note cards will assist my group in suggesting calorie intake for maintaining a healthy weight for 3 heights and body types.		
I prepared my note cards in a neat and organized manner.		
I am proud of my work and did my very best on this assignment.		
I completed my assignment and turned my assignment in on time.		

Group Checklist You Are What You Eat

Name _____ Date _____ Period _____

	Yes	No
Information presented to the class by my group will assist my classmates in making healthy food choices.		
Information presented to the class by my group informed my classmates of three body types and ideal weights for 3 specific heights and body types.		
Information presented by my group to the class provided suggested calorie intake for maintaining a healthy weight for 3 heights and body types.		
My group presented all required information in a concise and organized manner in not less than six minutes and not more than seven minutes.		
I am proud of my work and my group's work and did my very best on this assignment.		