

Name: _____ Class: _____

Chart your progress on how you can make a change for the better. Fill in the row for that the lesson.

	Lesson Main Idea	My Small Step for Improvement Idea
Lesson 1 Food and You	Food groups and strategies to balance meals	<i>Example: I'll add an apple or 2 small oranges to my lunch at school.</i>
Lesson 2 Food Is Fuel	Portion and serving sizes relationship to health	
Lesson 3 Optimal Nutrition	Connections between the food groups and the macronutrients	
Lesson 4 Nutrient Gaps	Commonly under-consumed nutrients and the consequences of omitting food groups	
Lesson 5 Eating Patterns	Eating and sleeping patterns and the benefits of eating breakfast	
Performance Task	<p>SMART goal</p> <p>Specific: Describes what you will do.</p> <p>Measurable: Includes measures by which success can be gauged.</p> <p>Achievable: Requires an analysis of the existing situation.</p> <p>Realistic: Requires reflection on whether the outcome is personally desired and its benefits.</p> <p>Timely: Includes a deadline.</p>	