

Nutrition Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Nutrition Lesson.

1. List two valid sources of nutrition information.

a. _____

b. _____

2. What is a calorie?

3. What is one example of a health claim that companies might put on their package to try and sell their product?

4. List four reasons people may eat.

a. _____

b. _____

c. _____

d. _____

5. How long does it take for the signal to get from your stomach to your brain saying that you ate enough?

