

Health Project
Chapter 3- Nutrition
Due Date: November 2nd

Write a 2- page double space.

Times New Roman size 20

Topics: The facts and effects of sugar on our Health.
Reading Labels: why are they important
and how can they improve our health.

Content: 80 percent

Spelling and Grammar: 10 percent

Meets specifications: 10 percent

Discussion input: Additional test grade

Reading Labels

How do we use labels?

What important information is included?

How can labels help us in our healthy eating?

How does the food industry use “tricks” to make their food items seem healthier?

Sugar

How does sugar effect our body?

Are there any health benefits in sugar?

Discuss labeling and sugar.

Why is sugar considered toxic?

What are the negative effects of sugar?

What are some alternatives?

How much is too much?