

## Food and Nutrition Course

Spring 2016

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### Unit 4 - Nutrition and Health



*California Career Technical Education Standards , Consumer and Family Studies Standards covered in this unit: Anchor Standards 1.0 - 11.0; HTR A10.5 – 10.11*

Why is balanced food intake important?

Why is it important to be active?

Name \_\_\_\_\_ Period \_\_\_\_\_ Seat \_\_\_\_\_