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

Personal Health 206

Nutrition Station Summaries

|  |  |
| --- | --- |
| I will….(nutritional knowledge) | by….. (nutritional skill) |
| I will keep my daily sugar intake under 25 grams | by choosing foods with 6 grams of sugar or less per serving |
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