

Students will complete the Nutrition Portfolio/Profile using the handout provided.

Links: (In the order that you will use on the worksheet.)

1. BMI: <http://www.cdc.gov/healthyweight/assessing/bmi/index.html>
2. Your Food Plan (Food Pyramid)--<http://www.choosemyplate.gov/myplate/index.aspx>

You will save this in your google drive. Must open it as a PDF file for this to work. Once you have saved the PDF Food Plan in your Google Drive-upload it to the Dropbox assignment named: "Your Custom Plan"

3. Use the Food plan to complete this part of the chart.
4. BMR: <http://www.healthtrek.org/calculators#bmi>
5. Target Heart Rate: http://www.acefitness.org/acefit/healthy_living_tools_content.aspx?id=7