

Name: _____

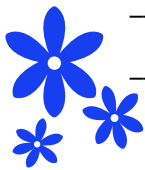
Date: _____

Grade: _____

RESEARCH PROJECT

Directions: Conduct a short research project on the topic of nutrition as it relates to being healthy and feeling good. Use at least two sources to completed this worksheet. Then write or type 3-4 paragraphs about the importance of nutrition. Use this to organize your thoughts.

What is the study of nutrition?



Why is it important?



What are 3 ways you can eat differently to feel healthy?

1 _____

2 _____

3 _____

