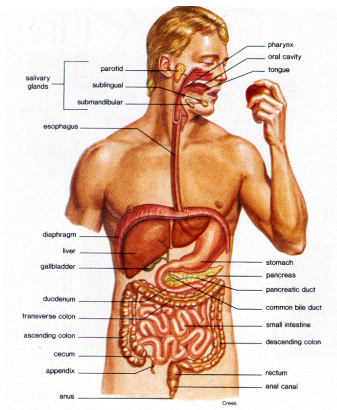


8A Food and Digestion



Your task is to create a healthy eating portfolio. This can be produced using any medium

Week to be completed in:	Instructions	I have completed it
Week 1	Keep a diary of everything that you eat and drink for one week starting today	
Week 2	Look back at your food diary and think about how healthy your diet is. Do you think you are getting the right amount of nutrients for your lifestyle? Consider all of the activities that you do that need extra energy.	
Week 3	Design your self a new healthy balanced meal plan. Consider each of the food groups carefully and again factor in which days you need extra energy. How can your new plan compliment this?	
Week 4:	Michael Phelps takes in 12,000 Calories each day when he is training, why does he do this? Research a sports personality and add to your portfolio what type of food plan does this person follow?	
Week 5	Prepare a short presentation to give to the class. Talk about what you have found out during your research was there anything that shocked you?	

Final hand in date: