***Nutrition Essentials for Health and Well Being***

***Lesson 6: Food in Schools Assignment***

Find any article online related to nutrition in schools

Print and attach article

Write a paragraph summary of article below:

Write a paragraph reaction to how this article affects you personally? In other words how can you use this information in your own life?

Go to [www.eatwelltoexcel.ca](http://www.eatwelltoexcel.ca)

This is the food program that donates money to the Banting Alternative School to provide healthy and nutritious food.

What is their MISSION STATEMENT?

Click on ABOUT US > PURPOSE

What would teachers find this program to be important?

Does EAT WELL TO EXCEL require that all schools follow the same program?

Why do students participate in these programs? You can include your own options here as well.

How does EAT WELL TO EXCEL help to establish healthy eating habits?

Write a brief description on the program at BANTING ALTERNATIVE PROGRAM.

Write a brief description of another school or location you have heard of that has a similar program. What is the program like? What kind of food does serve?

At top of the webpage, click on faq > faqs

Do you agree with Romeo Leblanc’s statement? Explain why or why not. Provide at least a paragraph written response. Link your response to childhood eating patterns, and physical and psychological needs (what you learned about previously in this unit).