NUTRITION
feed our mind – feed our body
A guide for group discussion

1 Define it!
What does nutrition mean to you?

2 Importance?
Why does it (or doesn’t) it matter?

3 Presentation
What does a healthy plate look like?

4 Using the figure above, fill in the following table

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

5 Recommended # of meals per day: _____
Recommended plate size: _____

Comments/Questions- Email me!
Heather Reymunde, Graduate Student of Dietetics & Nutrition @ Marywood University (hreymunde@marywood.edu)
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6 Nutrition Goals
What are some nutrition goals for teens?

7 Nutrition Goals
What are some nutrition goals for yourself?

8 Barriers
What are some reasons we may not reach our nutrition goals?

9 Improvement
What can we do to help us reach our goals?

Resources Available
Where are some places we can look or people who we can talk to to help us find evidence-based information and reach our nutrition goals?

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