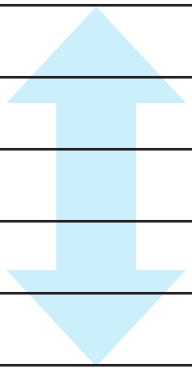
LESSON 1 : MAKING THE MOST OF YOUR MEAL

NUTRIENT CHALLENGE ACTIVITY SHEET

ORDER THE FOODS...	ROUND 1 NUTRIENT:	ROUND 2 NUTRIENT:	ROUND 3 NUTRIENT:	ROUND 4 NUTRIENT:	ROUND 5 NUTRIENT:	ROUND 6 NUTRIENT:
MOST						
						
LEAST						

ROUND 7 NUTRIENT:	ROUND 8 NUTRIENT:	ROUND 9 NUTRIENT:	ROUND 10 NUTRIENT:	ROUND 11 NUTRIENT:	ROUND 12 NUTRIENT:	ROUND 13 NUTRIENT:

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