

Change Your Lifestyle for the Better Project

Part 1: Affordable Healthy Food Meal Plan Booklet

Must Include:

- 4 week calendar (plan out the individuals meals. What will they have for breakfast, lunch, dinner, and snacks on these days? Can't repeat meals more than twice. (10 points)
- Plan **MUST** also be in your foreign language that you are taking at Paul (20 points)
- 5 healthy recipes that include the main food groups (10 points)
- Pictures of your ingredients and food products you'd want individuals to use (10 points)
- Calorie count and macromolecule breakdown of your meals (10 points)
- Prices of your ingredients and food products you'd want individuals to use (10 points)
- **MUST BE APPEALING AND IN COLOR. PRINTED!!!**

Part 2: Exercise video

- Create a 2:30 -3 min exercise segment (10 points)
- **MUST** include someone who does not attend Paul (10 points)
- Discuss your healthy food plan booklet/recipe from your booklet for no more than 45 seconds. It must be featured in your video (10 points)
- Can work with 3 other students taking Anatomy.

Total Score: 100 points

Able to earn up to 10 more extra credit points based on creativity