**You Are What You Eat**

Overview of the assignment:

***After reading informational texts, news articles, and watch a video on nutrition, write a 6 -8 paragraph essay in which you analyze what exactly it means to be “healthy”. Support your discussion with evidence from the texts.***

Day 1:

1. Small group discussion (10Min):

* Title a piece of paper/or word document, “You Are What You Eat”
* Take 3 minutes and write down your thoughts on the following statement: What does the phrase “You are what you eat” mean to you?
* Use the last 7 minutes to discuss with a small group or shoulder partner.

1. Before going to the website, review the components of the essay so you are aware of what you are looking for.
2. Now open the following website: (20Min) <http://www.factmonster.com/ipka/A0770282.html> “You Are What You Eat”
3. Need to title a sheet of paper “You Are What You Eat”.
4. As you read the article, need to record information you think you could use in your essay.
5. Need to be thinking about Good/Bad Foods, how food work in your body.
6. You can click to the right and to the left to read other article or find more information. But it is easy to get lost while exploring.
7. Record any statements you think you may use in your essay.
8. When done, go to easybib.com and please cite the source of the online article.

Day 2:

1. Title a piece of paper/or word document, “FitBit Underfire”
2. Watch the new video, <http://www.fox23.com/news/local-university-under-fire-from-national-eating-disorder-association/225456240> (10 min)
   1. What do you think about the college requirements?
   2. Were you shocked that they could not find any students that were opposed to it?
   3. Why did the new do a story on this?
   4. Record any statements you think you may use in your essay.
   5. Before leaving the cite, use easybib.com to cite the source and record on this page.
3. Title a piece of paper/or word document, “How Much is Too Much” (20 min)
4. Read the following article: <http://www.idiva.com/news-health/how-much-is-too-much-of-diets-exercising-and-eating-disorders/16090576>
   1. What stands out to you the most in the article
   2. Is there anything mentioned in the article that you can associate with?
   3. What is Orthorexia Nervosa?
   4. How can people eat healthy but not be healthy?
   5. Write down any statements you think you may use in your essay.
   6. Please use easybib.com and cite the source on this page.

Day 3: Time for the Essay!!!

After reading informational texts on nutrition and watching a video, write a 6-8 paragraph essay in which you explain in detail, what is means to be “healthy” and or live a “healthy” lifestyle.

The overall goal of the essay to reflect back on the title of the project, “You Are What You Eat.”

Support your response with evidence from the texts and video. Please include the following:

1. What is a healthy meal?
   1. Need to be specific.
   2. Would you eat the meal?
   3. What makes it "healthy"?
2. Identify the 4 major macromolecules that are broken down into our bodies and what they turn into?
   1. Reflecting on the meal you chose, how are these 4 macromolecule working to help you be “healthy”?
   2. How does this meal represent “you are what you eat?”
3. Caloric intake
   1. What happens if you don't get enough Calories? What are some problems and disorders associated with not getting enough Calories?
   2. What happens if you get too many Calories? What are some problems and disorders associated with eating too many calories?
4. How are fit bits helping and maybe harming our society norms.
   1. What all do fit bits count or regulate
   2. Do you have a fit-bit or some type of device that monitors your movement?
   3. What are your personal thoughts about these devices?

Feel free to use other sources including your notes to complete your essay. When writing, you need to use the notes that you have already taken. You have already cited the information and recorded quotes from sources, but you may need to go back and do some further digging to support your thoughts in the essay. Anything you mention from an article needs to be cited within the writing. The essay needs to include an introductory paragraph, 4-6 body paragraphs, and an conclusion paragraph. You will need to remember to always bring the content and ideas back to the purpose of the essay, “You are what you Eat”.

The final document will need to be printed off. You will need to highlight the cited information.

You will also need to include a works cited page at the end of the essay. Your full name and block need to be a header on the first page of the essay and just your last name on all subsequent pages.