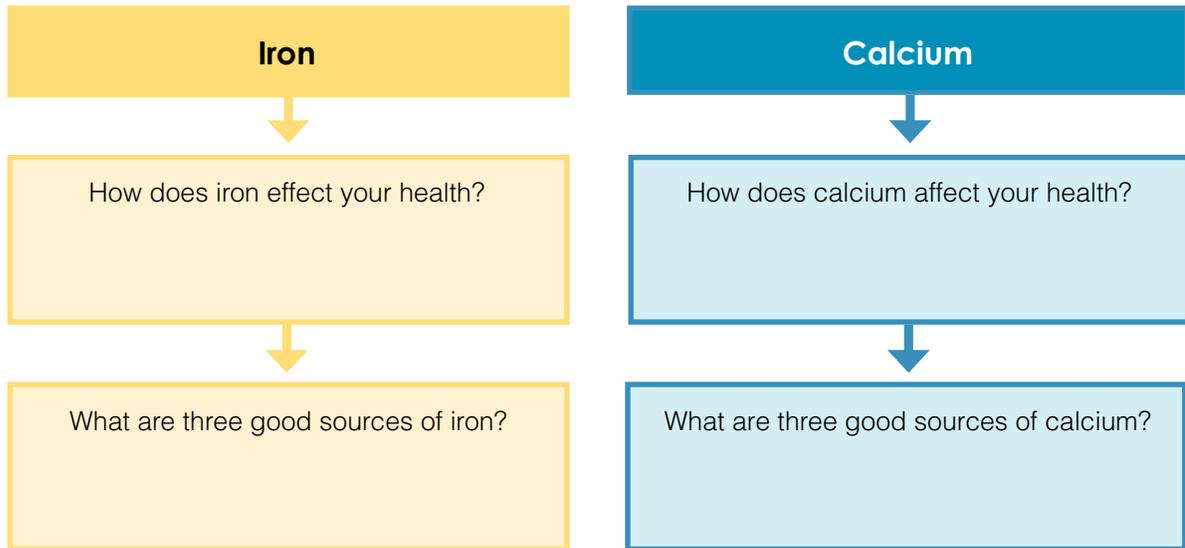


Minerals for Healthy Development

1. Complete the following chart by writing the effects of iron and calcium on your health and identifying three good sources of each mineral.



Communicating for Healthy Eating

2. Write one example of a strong no when trying to say no to certain foods.

Asking for Help

3. What are three examples of how you might ask for help with making nutritious decisions?

1.
2.
3.

CHAPTER 4: Nutrition, Healthy Weight, and Body Image

Lesson 4.1

Steps for Negotiating Healthy Food Choices

4. List the six steps for negotiating healthy food choices.

STEP 1: _____

STEP 2: _____

STEP 3: _____

STEP 4: _____

STEP 5: _____

STEP 6: _____