

Action Plan for Improving Nutrition

What are my plans for improving my eating habits and my students' nutrition knowledge?		
Recommendations	Presently Doing	Strive to Do
Eat three meals per day.		
Eat a healthy, well-balanced diet.		
Eliminate some sweets.		
Add high fiber to my diet.		
Enhance food flavor with seasonings.		
Control portion sizes.		
Consume more water.		
Use distractions from overeating like walking or talking to friends.		
Secure healthy snacks for students who need them.		
Teach students about healthy food choices.		
Goals and Notes:		