

Take Nutrition 1 & 2 !!!



Cook Healthy Foods TOPICS:

- Fresh Salsa
 - Spaghetti
 - Taco Salad
 - Burritos
 - Veggie Pizza
 - Soup
 - Oven Fries
- Nutrients and their functions in your body: Carbohydrates, Protein, Vitamins, Minerals, etc
 - Eating for Sports Performance & weight management
 - What foods are healthy/not & why?