

# Nutrition Lesson Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the Nutrition Lesson.

1. What are three questions you can ask yourself to determine if something is a valid source of nutrition information?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
2. List two sources of valid nutrition information.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
3. What are two tips to cut back on sweetened beverages?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
4. List three types of health professionals.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_



5. What are three reasons people may eat?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

6. How long does it take for the fullness signals to get from the stomach to the brain?

\_\_\_\_\_

7. List three signs of overeating.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

8. List two barriers to healthy eating.

a. \_\_\_\_\_

b. \_\_\_\_\_

9. What are two ways to overcome barriers?

a. \_\_\_\_\_

b. \_\_\_\_\_