During the lesson, write down any words that you are unsure about, so we can look them up and talk about them. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer the first question before the lesson starts. Wait until the end to answer the other questions.

![C:\Users\Mary\Pictures\Pictures\120px-Cory_Twitter[1].jpg]() 1. What are you like when you are really hungry?

 2. What is nutrition? How does it affect your body and mind?

 3. Describe a way you plan to eat healthier.

**Which goals did you meet?**

* To increase motivation to improve nutrition and healthy eating
	+ - To list a way nutrition can affect your mental health and mood
		- To list a reason nutrition awareness is important
		- To discuss a tip for a healthy eating
		- To describe emotional eating
		- To describe a way you plan to eat healthier