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| You Are What You Eat imageIntroduction image |

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| Objectives image |
| By the end of this lesson you should be able to:   * Summarize the importance of good nutrition in protecting ourselves from environmental hazards * Identify health problems that can occur through poor nutrition |
| instructions image |
| Begin by taking the "Pre-Test", then proceed with the rest of this unit by going through the "Lessons".  When you get to the lesson guides, read each one.  When you are finished, complete the post-test. |