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| You Are What You Eat imageIntroduction image |

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| **To the Teacher:** |
| In teaching this lesson, it will be useful to refer to the **Teachers' Materials** before you begin, to give you vital information associated with the unit. |

Have you ever heard of someone become ill or even dying because they were on a fad diet?  Good nutrition is important to your body's internal environment.  You depend upon the food you eat to maintain good health.  Study this lesson to find out why. |
| 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

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| 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. |