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| **Objectives**By the end of this lesson the student 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

**Lesson Description**This lesson describes the importance of good nutrition in minimizing risk to environmental hazards.  Vitamins, minerals, proteins, carbohydrates and fats are discussed as well as what can happen if you eat too little of, or too much of any of these dietary nutrients . |

**Assessment**

There is a pre-test and a post-test for each lesson which must be printed before they are administered.

**Standards Targeted**

The Texas Middle School Science and Technology Standards targeted in this lesson can be found in the TEKS document.