

## **Health Blizzard Bags**

**In health class we covered three units...nutrition, family living, and mental emotional health. Each blizzard bag is designed to target one unit.**

**Please answer each question and think of how each of these units may have impacted you.**

### **Health Blizzard Bag #1**

- 1) Did our nutrition unit impact your daily eating habits? How has your diet changed since we discussed nutrition? Have you changed how you or your family shops for food?

Below, explain how your diet has gotten healthier. If your diet has not changed, are there some things you can do to improve your diet?