Health & Nutrition

Use this checklist to ensure each item is accounted for.

CONTENT LIST

(1) Instructor's Binder with:

____ Instructor's Notes

____ First Look Book

____ Student Instructions

____ Digital Files: Instructor's Notes PDF and Word, Student Instructions PDF and Word, First Look PowerPoint, Work Performance Benchmarks Word Template, Certificate of Accomplishment PDF, Parent Involvement Brochure PDF

____ (1) Caliper

____ (1) "Fundamentals of Human Nutrition" DVD

____ (1) Health & Nutrition Adapted Version Binder

____ (4) Dinner Plates

____ (1) Set of Food Models

____ (1) MyPlate Food Group Posters

____ (1) Food Counter Nutrition Facts Book

____ (1) Bathroom Scale

____ (1) Tape Measure- Seamstress

Master Copies:

____ Pre/Post Test

____ Work Performance Benchmarks

____ Food Log

____ Eating Behavior Chart

____ Recommended Energy Intake

____ MyPlate Food Group Form

____ Growth Charts for Boys

____ Growth Charts for Girls

____ Assessment Sheet

____ Reference Measurement Chart

____ Diet Plan Worksheet

____ Guide to Guessing Portions

____ Dietary Intake Form

____ Table of Recommended Dietary Allowance Form

____ Diet Recommendation nSheet

____ Calorie Consumption Graph

____ Food Record Form