

Name: _____

Date: _____

Class: _____

Nutrition Plan Analysis

Part 1: Analyze your analysis worksheet

1) How did the first analysis worksheet help you improve your nutrition plan?

2) How did your partner's input help you improve your plan?

3) How often do you think you would need to analyze your plan in order to keep improving on it?

4) What kind of questions would you ask yourself as you analyze your plan?

Part 2: Analyze your process of creating a nutrition plan

1) What have you learned about nutrition in general from the past lessons?

2) What have you learned about yourself through the process of creating a nutrition plan?

3) Do you think you will continue on your nutrition plan after the class is over? Why or why not?