

Energy In, Energy Out: Reflections

Day 2



After using the *In-and-Out-O-Meter*, answer the following. Your reflections can include thoughts, feelings, drawings, photos, graphs, etc. Consider the following questions or come up with your own:

What new concepts did you learn from this lesson?

Why is it important to understand the balance between energy in and energy out?

How will your eating behavior change as a result of this lesson?

When you buy packaged foods such as cereal, what will you look for on nutrition labels?