

Parent Connection

The subject that we are studying right now is Metabolism and how it affects Nutrition and Health.

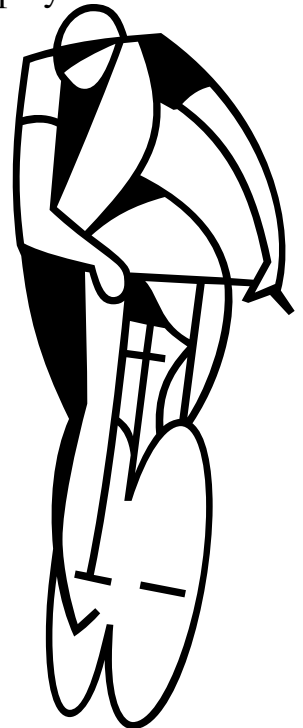
Morning Activities

Every time you move, you use energy. List the first six things you do when you wake up in the morning.

You need energy to do all of those activities.

Exercising

When you are playing an active game, you are exercising. List six ways you play or exercise:



My Personal “Metabolism” Goals

Pick a big goal that’s related to improving your body’s metabolism. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.

My Family’s Goals:
