**Foods and Nutrition**

**Unit 5 Objectives: Health Issues**

Objective 20:

Identify the components of MyPlate and draw MyPlate for yourself.

Objective 21:

Identify components of health related issues associated with food and analyze your eating habits to determine possible precursors to health related issues associated with food.

Objective 22:

Identify characteristics associated with eating disorders and analyze scenarios to determine possible eating disorders.

Objective 23:

Create a healthier version of a recipe and calculate the nutrition information for the new recipe in order to compare it to the original recipe.

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