

Nutrition Mind Map

This mind map should be a comprehensive diagram of the objectives of this learning plan as listed on your learning plan. It is based primarily on your study guides, however, you should do some research and put some thought into a few additional things, namely; how are you marketed to in your decisions to buy certain foods and eat what you do. And, how do the contents of your kitchen cupboards compare to those in other countries (for more info on this Google: Hungry Planet)?

- Make it look professional!
- Use section titles.
- Include captions for all pictures.-
- Show evidence of research for American diets vs. a specific foreign diet (meat consumption, etc., \$ spent on food, variety of foods...)
- Explain what influences our choices in purchasing what we do. How do we make our choices? How specifically do the media play a role in our decisions?
- summarize info from your study guide regarding the major nutrients, vitamins, and the RDAs.

