

9th Grade Nutrition Project

You are responsible for researching your assigned illness and impacts of exercise, certain foods and nutritional supplements on a person's health who suffers from the illness.

Requirements:

2 pg. Minimum (it can be longer)

double spaced

Font: 12pt, Times New Roman

Please include the following information.

What is the illness? - **20pts**

- What causes the illness?
- What are cures and medical treatments for the illness?
- How does the illness affect someone's lifestyle?

Nutrition - **20 pts**

- What foods can be eaten to improve the illness?
- What vitamin, mineral or other natural supplement can be taken to improve the illness?
- How do those foods and supplements affect the illness?
- How long should it take for the person to see improvements to their condition after changing their diet?

Exercise: - **20 pts**

- How does exercise affect the illness?
- How often should exercise be done and what type of exercise?

The following nutrition plan needs to be created as well but is not included in the 2 page minimum.

Nutrition plan: - **40 pts**

- Give me a 3 day meal plan for someone who has this illness.
- This meal plan should include, breakfast, lunch, dinner, supplements and any snacks.
- Please include the benefits of the specific foods you are including.

Illness: *Please circle your assigned illness.*

Type 2 Diabetes Osteoporosis

Heart Disease Sleep Apnea

Multiple Sclerosis Alzheimers

Colon Cancer Obesity

Arthritis

Chronic Obstructive Pulmonary Disease (COPD)

Due during Health the week of 2/27 - 3/3