

AMI Packet Assignments Health

Assignment Day 1

Write an 8-10 sentence paragraph on how the body uses different body systems to survive. Examples of the different body systems you can use to write about are the respiratory system, circulatory system, digestive system, nervous system and lymphatic systems.

Assignment Day 2

List 10 foods that fall into each of the 5 food groups. Proteins, Dairy, Fruits, Grains, and Vegetables.

There should be 50 total foods and 10 under each category. Using the foods from that list create a day of meals breakfast, lunch, and dinner with 3 foods listed under each meal.

Assignment Day 3

Write an 8-10 sentence paragraph on why exercise is important to living a healthy lifestyle. In the paragraph describe three different methods that you can use to exercise. Some examples of different forms of exercise are walking, jogging, and playing sports.