



Maximizing the Benefits of Food and Activity

Case Study #2:

Angela has been taking music lessons for over 10 years. She can play several instruments and enjoys playing with a group of her friends. She also plays in the school orchestra. She is busy with practices and performances. Often, she grabs high-fat meals quickly at fast food restaurants or eats chips and salsa for dinner because it's quick. She usually sleeps later in the morning and skips breakfast. She doesn't like physical activity and rarely goes outside. Angela doesn't think she needs to change a thing. She feels okay and is happy.

Angela is 5' 5" tall, weighs 150 pounds, and is 16 years old.

What do you think about Angela's lifestyle?

What nutrition recommendations do you have for Angela?

What physical activity recommendations do you have for Angela?

List your sources of information and your rationale in this chart.

Source of Information <ul style="list-style-type: none"> Website, include the address and sponsoring organization or individual Print Materials, include title and date of resource and author's name Community Resource, include name of organization or individual and qualifications 	Rationale for Reliability

What could happen if she used unreliable information?