



Maximizing the Benefits of Food and Activity

Case Study #5:

Summer is an animal rights advocate. Because of her beliefs, she wants to omit meat, poultry, and fish from her meals. Her parents say that she shouldn't omit these foods because her body is still growing and she needs the protein these foods provide. She is also very active. She plays volleyball or bikes every day for at least an hour.

Summer is 5' 8" tall, weighs 155 pounds, and is 16 years old.

What nutrition recommendations do you have for Summer?

What physical activity recommendations do you have for Summer?

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?