You Are What You Eat

Eating healthy is the best way to improve skin, hair and overall look of ones body. Examine your eating habits for three days. Record everything you eat and drink.

Go to the learning center lab, this is on the first floor of the Palomar College Library. Type in your food and record your food intake. The program will give you an analysis for daily, weekly or overall. For this assignment you may choose the overall category or daily analysis.

Print out your analysis, and the your pyramid and write a short personal review of your intake.

Due date December 8, 2003