Homework due for Friday , Dec 5th 2008

Copy your school's lunch menu ( for 1 day). Examine each food option from each food categories( except beverages). Describe each food ( what they are? what they consist of? What food source are they from? What group are they part of? Role in Body?Serving size recommended? differences in fat content? ) List the most healthful food choices for you(  be personal)  that is available. Set a goal to eat a healthy school lunch for the next week.

This paper have to be typed . Well presented.