



Real World Math

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <u>Nutrition Day 1:</u> Food Groups & Setting Nutritional Goals	4 <u>Nutrition Day 2:</u> Nutritional Breakfast	5 <u>Nutrition Day 3:</u> Understanding Food Labels	6 <u>Nutrition Day 4:</u> Comparing Food Labels	7  NO SCHOOL Snow Day #1	8
9	10 <u>Nutrition Day 5:</u> Calcium in Foods and Drinks	11 <u>Nutrition Day 6:</u> Fruits & Vegetables	12 <u>Google Meet</u> (Go over Nutrition Days 1-3)	13 <u>Google Meet</u> (Go over Nutrition Days 4-7)	14 <u>Nutrition Day 7:</u> Portion Sizes & Fiber	15
16	17  NO SCHOOL: Martin Luther King Jr. Day	18 Make up day for Nutrition Days 1-7	19 <u>Nutrition Day 8:</u> Fast Food	20 <u>Nutrition Day 9:</u> Physical Activity	21 <u>Nutrition Day 10:</u> Exercise	22
23	24 <u>Nutrition Day 11:</u> Ideal Weight	25 Go over Nutrition Days 8-11	26 Nutrition Test Review	27 <u>Unit #4 TEST:</u> <u>Math & Nutrition</u>	28 Last day to make up any work from Nutrition	29