**NUTRITION & FITNESS 2022 January 10, 2022**

**Today’s Agenda (Day 83)**

1. HOMEWORK CHECK

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1. CLASS ACTIVITY

🡪 BEGIN: Unit 1: Health, Nutrition, and Wellness

🡪 VIDEO CLIPS: Explained

~~\*“Can We Live Forever”~~

~~\*“Why Diets Fail”~~

\*“The Future of Meat”

\*“Sugar”

HOMEWORK:

* COMPLETE:

REMINDERS: