Life Cycle Review Activity

1. Put together the wheel as follows:
   1. Cut out the 2 circles.
   2. Cut out the three “Cut this out” shapes on the first circle.
   3. Get one brad from the teacher, put the “Life Cycle Nutrition Wheel” circle on top of the mostly blank circle, place both circles on top of the next blank page in your notebook, poke the brad through both black spots and through a notebook page. Open the two parts of the brad on the back to hold it all in place.
2. Turn the wheel so one of the stages of life is centered along the cut out edge.
3. In the oval write the main focus(es) of nutrition and health for that stage
4. In the upside down trapezoid write at least 3 food examples that would be good for that stage

And, eat foods like these…

Focus on this…

In this stage of life we need to…

Cut this out

Cut this out

Cut this out

**Life Cycle**

**Nutrition Wheel**

**Adults/Elderly**

**Athletes**

**Health Issues**

**Teens/Adolescents**

**Infancy and Childhood**