

# NUTRITION

## FOOD GUIDE

Food Group		Best Food Sources to Eat
Grain Group	30%	Barley, bulgur, farro, millet, quinoa, black rice, brown rice, oats, corn
Vegetables	25%	Green, leafy, and nutrient-dense vegetables, such as spinach, carrots, broccoli, kale, and Swiss chard
Fruits	20%	Apples, blueberries, bananas, oranges, mangoes, avocados, lychees
Protein	15%	Lean beef, eggs, beans, soy, white-meat poultry, pork tenderloin
Fat and Sugar	10%	Olive oil, canola oil, sunflower oil, skim milk, yogurt

# Guide Nutrition Guide

**SJ Ball**



**Guide Nutrition Guide:**

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 helping students develop receptive skills such as listening or reading this is the moment where students are actually exposed  
 to the recorded or written text more than simply listening or reading the text however it is important that

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web reading activities play an important role in reading comprehension for creating and constructing the meaning in

written text many researchers give importance to pre reading while reading and post reading activities in order to promote students reading comprehension 2

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web jul 6 2023 pre reading stage while reading stage post reading stage reading lesson pre reading pre reading activities are activities that help students think about what they know about a topic and predict what they will read or hear the purpose of pre reading activities is to establish a purpose for reading

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web reading the middle predicting the beginning and the end while reading tasks although reading is often a solitary activity and the idea of reading in pairs seems odd reading can be collaborative approaches i use include

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web during lessons students must be involved in activities which enable them to respond cognitively emotionally and imaginatively to imaginative writing several of the activities found in this section can be adapted for use in the section ideas for after the reading and vice versa activity 1

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web explain how conducting specific tasks before during and after reading will support learners in reading full texts identify a number of appropriate pre reading during and post reading activities that will prepare learners to read and comprehend full texts