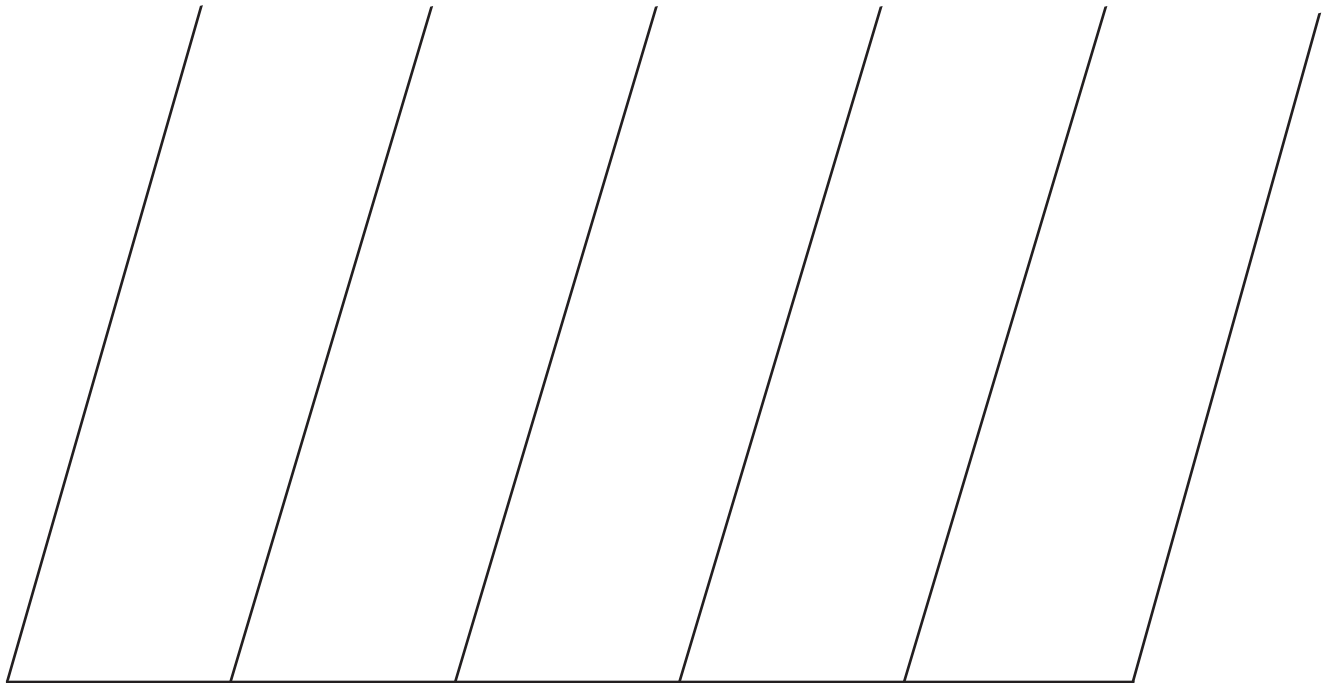


# Section 11.1 - Nutrition Basics

As you read, use a fishbone like the one below to list the six categories of nutrients.



**Nutrients**

# Section 11.2 - Meal Planning Guidelines

Use a table like this one to illustrate the four factors that influence dietary needs and how they affect those dietary needs.

**Dietary Needs**

Factor	Influence

# Section 11.3 - Keep Food Nutritious

Use a spider map like this one to illustrate ways to prevent nutrient loss. Fill in tips to prevent nutrient loss on the branches of each line.

