

Reteaching Activity 2-5

Directions: In each box, list one harmful effect that is associated with the drug that is listed.

The Harmful Effects of Tobacco and Alcohol

Tobacco		
Smokeless Tobacco		
Alcohol		

Lesson 2-5

15x

Directions

Write an exercise goal for the week. Write a nutrition goal for the week.
Record physical activity for 5 days. Include Intensity, Time and Type of each activity.
Record food and drink intake for 5 days. Include breakfast, lunch, dinner and snacks.
Answer the Reflection Questions on the next page.
Exercise Goal: _____

Nutrition Goal: _____

	Day 1	Day 2	Day 3	Day 4	Day 5
Physical Activity (Intensity, Time & Type)					
Breakfast (Food and Beverage)					
Lunch (Food and Beverage)					
Dinner (Food and Beverage)					
Snacks					