

Visual Representation

Read the article "Empty-Calorie Foods Vs. Nutrient-Dense Foods". Look through the article and find words, terms, and phrases that represent the nutrient dense and empty calorie terms. Create a visual representation; using the words, and phrases to show the difference between the two groups. Add pictures or drawings that represent what you visualize when you read about the two groups. You need at between 6-12 characteristics for each category.

Note: This assignment may be hand generated with drawings or magazine pictures or computer generated.

Website for article:

<http://healthyeating.sfgate.com/emptycalorie-foods-vs-nutrientdense-foods-1350.html>

Example Included Below:

VISUAL REPRESENTATION

Nutrient Dense



Necessary for best health



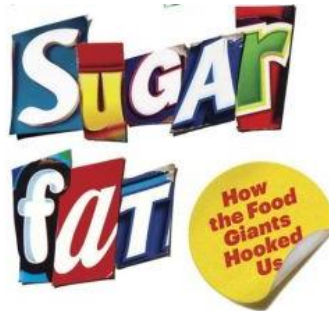
Phytochemicals

Reduce your Risk of Cancer



Empty Calorie

More calories than nutrients



may cause weight gain



VISUAL REPRESENTATION

Nutrient Dense	Empty Calorie

