

Chapter 3

Lesson 1: Nutrition 101

Lesson: Nutrition 101		
Time	Instructions	Materials Needed
Learning Objectives	The following series of lessons are designed to provide you with a basic understanding of the nutrition concepts we follow at Raw Juce.	Pg. 1 content
Activities	<ol style="list-style-type: none">1. Read the content2. Follow the activities - fill in the blank; identify facts about nutrition3. Discussion: How would you respond to the following questions:<ol style="list-style-type: none">a. How do you get enough protein from a raw diet?b. How many calories are in your juce, smoothies, acai bowls and food?c. How much sugar is in your juce?4. Write down the answers	Workbook/content
Wrap Up/ Reflection	<ol style="list-style-type: none">5. Group share - talk about your own philosophy on nutrition and why eating healthy is important to you.	Write in workbook
Evaluation		
Notes		