**Article 5**

 Write a one page, handwritten paper describing what a healthy diet is or could be. If you and your family follow a healthy lifestyle at home, you can discuss those healthy habits and the types of food that is eaten regularly. If you currently are not eating healthy, you can describe what someone should be eating. "My Food Guide Pyramid" and "My Plate" are good references to look at on Google. Describing the types of food someone should be eating and the recommended serving sizes for each would be a great addition to your article. Along with food, you can discuss healthy drinks, including water, Gatorade, etc. You do not have to discuss exercise. The article should have your name, class period, attendance coach, and the title of the article at the top of the paper. Your piece of paper needs to be a standard size like college or wide ruled paper. Do not skip lines in between each sentence and do not write in an abnormal size font. The entire front side of the paper should be filled with your response, you may use the back if needed. The article can be turned in during your PE class or you may take a picture of it and upload it to the Schoology. Points will be taken off if the paper is typed, not on topic, not a full page, and/or if it is late.

**Article 5 will be due on Friday, February 2.**