

# Nutrition Readings: Purpose Worksheet

**Directions:** Fill out this table about the different articles you read. This is what you will be assessed on for Point of View/Purpose for this project!

Article Title	Date read	Organization/ author who wrote the article	What is this author's purpose?	What detail(s) from the text show this purpose?	How is this author's/ organization's purpose different than others?
<a href="#">Men's Health</a>	9/2	Men's Health author name			
<a href="#">Are Smoothies Truly Healthy?</a>	9/3				

## Reflection Questions:

1. What do you think a healthy meal includes? What makes you think this?
2. Who do you think people should trust to tell them what to eat? Why?