

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?
Men's Health	9/2	Men's Health author name			
Are Smoothies Truly Healthy?	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?