Name:

**Anticipation Guide for Health**

Read each statement below and decide whether you agree or disagree. Write either agree or disagree in the Before column. After the lesson, come back and decide whether you still agree or disagree with each statement.

|  |  |  |
| --- | --- | --- |
| **Before** | **Statement** | **After** |
|  | 1. An apple a day keeps the doctor away. |  |
|  | 2. If you want to live a long life, be a vegetarian. |  |
|  | 3. Three meals a day will satisfy all your body’s nutritional needs. |  |
|  | 4. Calories make you fat. |  |