Alternate PE Assignment: Article Review

Read an article and write a report about one of the following:

- Nutrition and your health - how to keep your body healthy through proper nutrition.
- Physical exercise and your health - keeping your body healthy through exercise.

Answer the following questions in your typed response & attach the article:

1. Type a brief summary of the article (who, what, where, why). What was the main point of the article?
2. What magazine/newspaper/website was your source?
3. What did you learn from reading the article? How can you apply this information to your life?

Your TYPED article review should be a minimum of 1 page.

Please turn in your Article Review to your PE teacher upon your return to PE class.