



This artwork is provided so that you can gather all of the Health Trek lessons into a single binder for easy organization and reference. The complete Health Trek curriculum should fit within a standard three-ring binder with 1.5" rings or larger.

Trim the right side off of this page for the spine. The next two pages will work as the cover art and contents page.

health
trek

Group Health's
nutrition and fitness
education program for teens



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CONTENTS:

- 1:** Nutrient Wise
- 2:** Figuring Out Food Labels
- 3:** Think Before You Drink
- 4:** Not So Fast
- 5:** Let's Get Physical
- 6:** Target Market
- 7:** Body Image

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