

**Healthy Living Education**

**Nutrition Guide**

**Review this link please**

[**https://www.parenttoolkit.com/health-and-wellness/benchmarks/nutrition/12th-grade-nutrition-guide**](https://www.parenttoolkit.com/health-and-wellness/benchmarks/nutrition/12th-grade-nutrition-guide)

**Quiz:**

**.Write a summary of the linked article within 200 words.**