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605.742.2245 and Google Classroom
Course: Hyper PE & Spanish 1

Week #3 Assignments April 6th-10th:

Hyper Students: Please go to Google Classroom ***If you have not joined here is the link:
<https://classroom.google.com/u/0/c/NDE1MjA4ODAzMDha> Class code: tnzegiu

All Assignments will be Due: Sunday April, 12th by 8pm

- **Pick 3 articles** from teenhealth.org under Nutrition Basics or Food or Fitness Q&A section
- <http://www.teenhealth.org/en/teens/food-fitness/?WT.ac=t-nav-food-fitness#catfood-fit-qa>
- Directions: Using a Google Doc (provided on Google Classroom)...Type the title of the article and summarize three things you learn after READING the article. Remember statements must be in your own words, DO NOT copy and paste from the article or use my example for your assignment.

Student Example of How to Create:

Article #1: “Are There Healthy Fast Food Options”

<http://www.teenhealth.org/en/teens/healthier-ff.html?WT.ac=ctg#catfood-fit-qa>

In the following article called “Are there Health Fast Food Options” I learn that most fast food restaurants post food labels now, so consumers can check nutritional value before ordering. Next, I learned that simply choosing grilled items is healthier than fried. This is an easy change I could make when selecting chicken options. Finally, I learned that I could pick a salad over french fries and drastically lower the amount of sodium intake. Fast food is a convenient option for many people but is not always the healthiest. These are ways I can make it a little healthier.

Spanish 1 Students: Please go to A+ Anywhere using the link below:

<http://www.wba.aplusanywhere.com/sisseton/>

Continue working on A+ Lessons “Let's Get To Know Each Other” Unit 1-4 and “Pastimes” Unit lessons 1-4 due by Sunday, April th by 8pm

Extra credit will be given if lesson notes are submitted via Google Classroom digital google doc or send a picture of notes via email. Spanish 1 Google Classroom link:

<https://classroom.google.com/u/0/c/NTQyNTA2NTIxODJa> Class code: 5kxnrx