

# UNIT 6 Developing Life Skills Activity

## How Nutrients Affect Relationships

**Directions:** What you eat affects how you feel and act. That may affect your relationships. Read these situations and answer the questions.

1. **Jittery Jenna** Jenna eats sweets and candy all day long. The sugar gives her body more energy all at once than it can use. As a result, Jenna is tense and jittery. She finds it hard to sit still and keep her attention on anything. How might Jenna’s eating habits affect her relationships with friends and teachers?

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2. **Low-Energy Larry** Larry skips breakfast and then snacks on foods with empty calories—few nutrients besides sugar and fat. His lunches and suppers are heavy on fat, such as burgers and fries. As a result, Larry has little energy and feels sluggish. How might Larry’s eating habits affect his relationships with friends and teachers?

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3. **Tired Timothy** Timothy drinks cola soft drinks and eats chocolate all day. Both contain caffeine. They seem to wake him up at first, but later he is more tired than ever. After drinking the soft drinks in the evening while finishing his homework, he has trouble sleeping and wakes up tired. How might Timothy’s eating habits affect his relationships with friends and teachers?

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