

## Nutrition Portfolio Evaluation/Reflection

1. What did you enjoy most about this unit? Why?

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2. What did you enjoy least about this unit? What could have been done to improve?

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3. Would you recommend this unit to a friend? YES NO

4. What did you think about following your plan? Were you able to stick-to-it for all 5 days?

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5. What do you feel was the most important thing you learned as you completed your Nutrition Portfolio?

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