

FINAL REFLECTION QUESTIONS: must be typed PED 161.003 Fall 2016

Due Monday Dec 12 by midnight - submit via email ([lewis mm@mercuer.edu](mailto:lewis_mm@mercuer.edu)). If you need an extension, you must ask me. Remember, I must have this reflection paper and all 10 homeworks for you to pass the class.

Please - no longer than 2 typed pages single spaced.

1. Think of 3 important nutrition or wellness concept/topics/skills you learned this semester that you hope to apply to your life. Write 3 paragraphs, one for each, and give specific examples of foods you will choose or nutrition/wellness behaviors you will change that were informed by these concepts.
2. What did you enjoy the most about this class? Write at least one paragraph.
3. What suggestions do you have for your professor change or add to this course that will make it better. (I really do apply your ideas to improve the course).