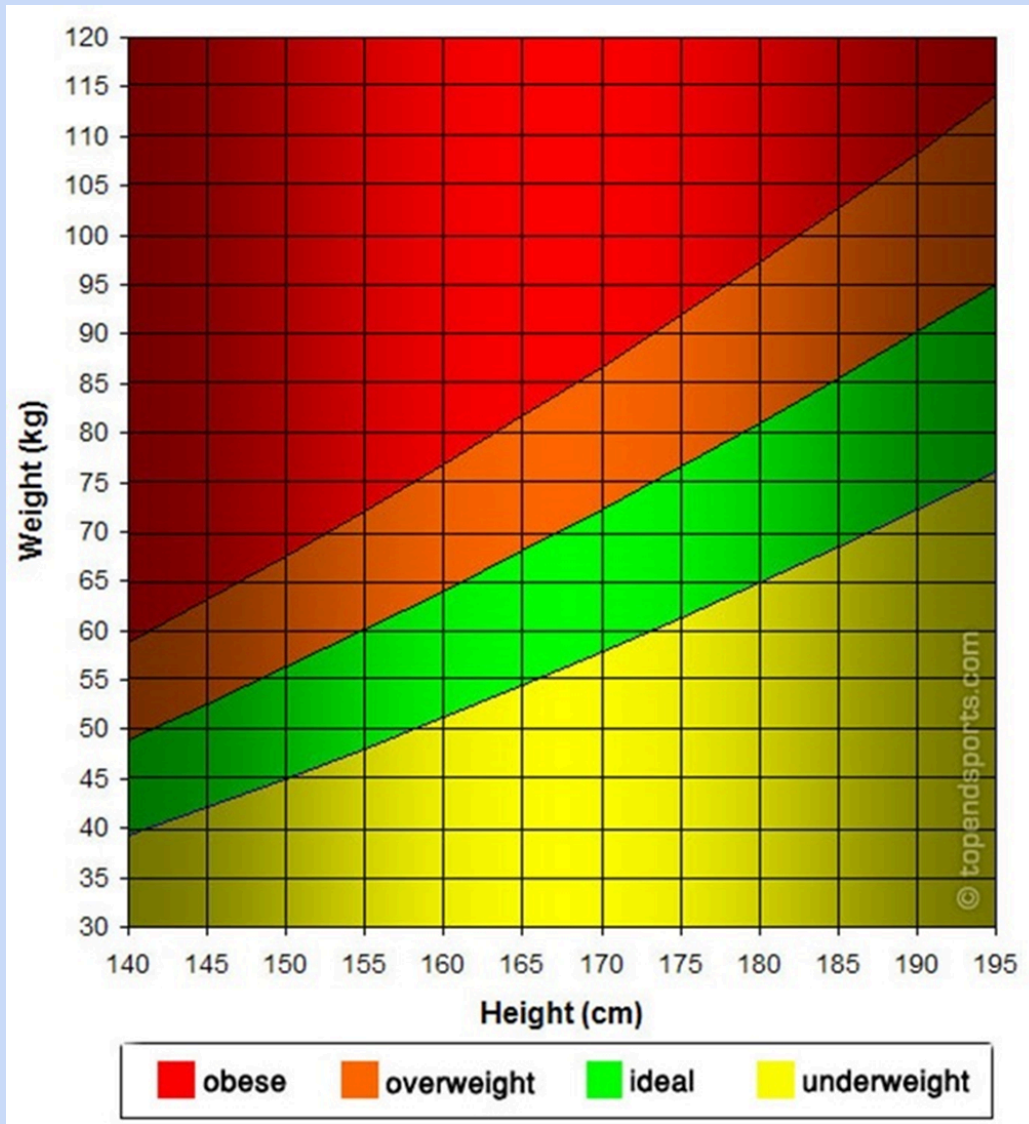


Health Consultants

Instructions: You and your partner are nutritionists who work with clients to help them live happier and healthier lives. Analyze the information below about your two new clients Frank and Sarah. Consider their height and weight, their work and sleep schedules and their typical meals. In the **Observations** section write your diagnostic. What are your impressions about their current health status? In the **Recommendations** section write some advice about how to improve their health.

Height and Weight Chart



GO TO THE NEXT PAGE TO SEE YOUR CLIENT PROFILES.

Client Profiles

Frank – 22 years old University Student		Sarah – 30 years old Teacher	
Height	Weight	Height	Weight
182 cm	112 kg	150 cm	45 kg
College	Sleep	Work	Sleep
1 pm – 6 pm	3 am – 10 am	7 am – 3 pm	11:30 pm – 6:00 am
Breakfast – 11 am		Breakfast – 9 am	
3 bowls of cereal with extra sugar Chocolate milk Fried beef empanada		Some grapes 1 small homemade tortilla	
Lunch – 3 pm		Lunch – 2 pm	
3 slices of pizza Chips Large Pepsi (2 refills)		1 apple 1 can of tuna 6 soda crackers	
Dinner – 10 pm		Dinner – 8 pm	
5 pieces of fried chicken Tortillas French fries Fanta Kolita		1 bowl of bean soup (caldo de frijol) 1 glass of water	
Observations		Observations	
Recommendations		Recommendations	