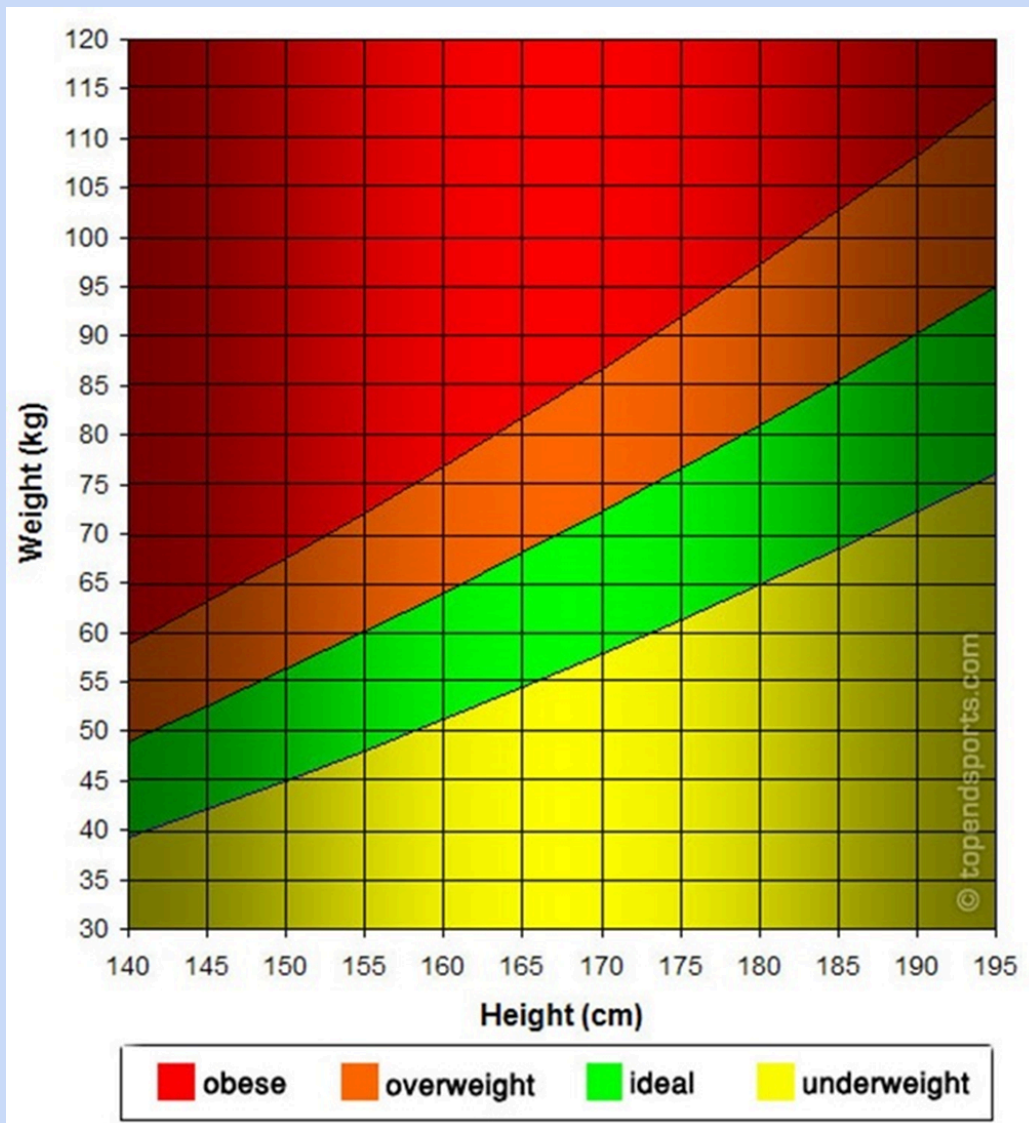


Health Consultants

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 John and Mary. 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

John – 38 years old Construction Worker		Mary – 24 years old Banker	
Height	Weight	Height	Weight
160 cm	72 kg	164 cm	57 kg
Job	Sleep	Job	Sleep
7 am – 6 pm	11 pm – 5 am	8 am – 5 pm	10 pm – 6 am
Breakfast – 6 am		Breakfast – 7 am	
2 Cups of coffee		1 cup of tea Fruit salad Toast	
Lunch – 1 pm		Lunch – 12 pm	
Hamburger and fries Coca Cola Cake		Fruit juice Rice and beans Grilled chicken	
Dinner – 7 pm		Dinner – 6 pm	
Spaghetti and meatballs Garlic bread 4 beers Potato chips		Green Salad Chicken soup Tortilla Chips	
Observations		Observations	
<p>Does not have a balanced diet. Does not perform physical activity The patient have very bad habits of consume and need to be treated immediately by our team Consumes a significant amount of alcohol with dinner.</p>		<p>Has a balanced diet. Dinner is relatively light but lacks diversity and may not provide adequate protein. Reduce the rice and beans a little</p>	
Recommendations		Recommendations	
<p>doing physical activity Eliminate fried foods and greasy foods Eat fruit and vegetables Reduce alcohol and sweets Respect sleep time</p>		<p>Doing physical activity Continue respecting meal times At breakfast, eliminate fruit salad and have it as a snack.</p>	