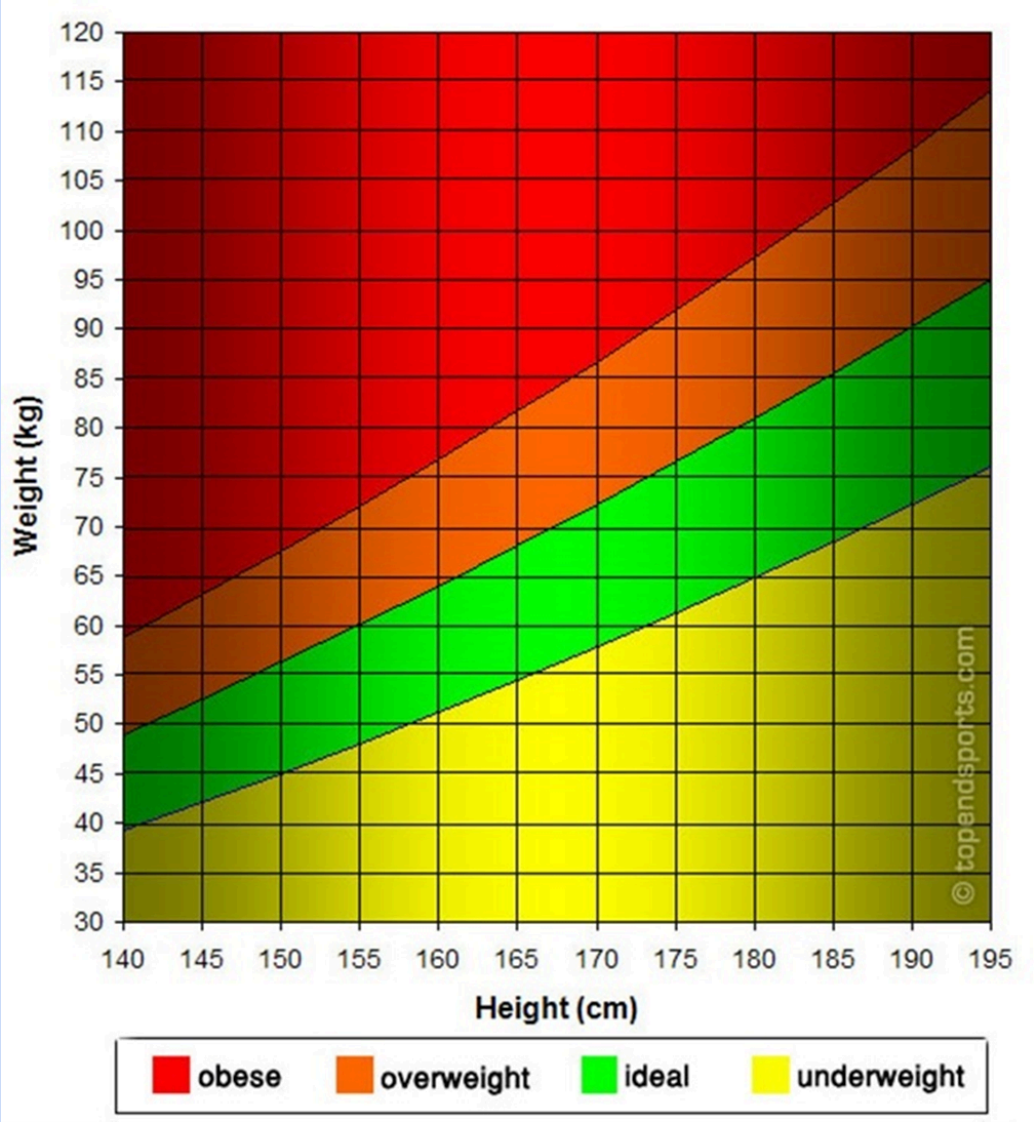
Health Consultants

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**	
Recommendations		**Recommendations**	