## **Reflective Journal 2 - Nutrients**

You are now ready for the next reflective journal entry. For this reflective journal, consider what you've learned during this module about macronutrients, micronutrients and water, and then answer each of the following questions:

1. Which fact about nutrients surprised you the most, and why did you find it surprising?
2. What changes might you try to make to your eating habits based on what you have learned during this module? Why?

To complete the assignment, start a new Microsoft Word document. Save this file with your name and the name of the assignment in the file name, and then add your name to the top of the first page, too. The minimum for this assignment is **250 words**, but you can write more if more is necessary.

Review the **journal rubric** before you begin.