

# Metabolic Magic



If the group has..	Then use these parts of the program
1 whole day	Choose one of the Case Studies #1 - 4. Follow up with activities from the Nutrition Factory for that Case Study.
1-2 weeks	Use the online program (Intro to the case studies, and case studies 1-4), doing 1 case study per day. If time allows, use Lesson Plans and Activities
1 semester	Use the online program (Intro to the case studies, and case studies 1-4), Lesson Plans and Activities from the Nutrition Factory. Use Mini-interventions from the Nutrition Factory as time allows.
1 school-year	Use the online program (Intro to the case studies, and case studies 1-4), all Lesson Plans and Activities from the Nutrition Factory. At the end of each case study, choose at least one Mini-Intervention from the Nutrition Factory.