



Activity instructions for creating a new food pyramid and exercise regimen

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Considering the historical context of human evolution and the hunter-gatherer lifestyle, our genetic composition, the reading and video, and your own experiences, develop:

A.

1. A food pyramid for modern humans/ teenagers.
2. An exercise regimen for modern humans/ teenagers.

And answer these questions:

B.

1. What changes in society would need to be made to carry out your recommendations?
2. What changes in public policy would need to be made?