3D Making what you heard today come to life!

D iscovered-write down one thing you discovered today that you didn’t know before you came:

The difference between sugar/fake sugar vs. fats.

D ig-write down one thing from today’s lesson that you really liked and might incorporate into your life:

Watching what I drink & what my child drinks.

D itch-write down one thing about today’s lesson that you didn’t like, don’t care about, or won’t use:

N/A