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Baggins calorie information sheet pdf download



Good nutrition is sating the proper load for growth and davalopment which leads to good health. Eating the correct amounts and types of food gives the body energy and strangth for a healthy, active Me. During our study on digestion, we lear Do you remember what they are?

Nutrition Consultation Form CLIENT INFORMATION: Name: Date of Birth: _ Height: ____ (feet) ____ (inches)

Current Body Weight: ____ Desired Body Weight: ____ Lowest Body Weight: _____ Highest Body Weight: _____

Year at Bentley Estra-Curricular Activities / Sports:

Physician: Phone: NUTRITION AND FITNESS GOALS

What are your nutrition and fitness goals?

Major:

What have you tried in the past to achieve your nutrition and fitness goals? This includes any

t or exercise program, supplement use, books, etc.

Jennifer Murphy MS, RD, LDN **Clinical Dietician**



, edible weight portion. ent Daily Values (%DV) are id on a 2,000 calorie diet.	/	10	Solution Train	58	-	and the second	on one	State State	/	10	and see	and Cast	1
Vegetables Serving Size (gram weight/ounce weight)	/ di	arter of	9 50	my a	mg			Ser Sur		NOV STO	NDV	Senter Call	501
Asparagus	20	0	0	0	230	4	2 8	29	29	10%	15%	2%	2%
Bell Pepper I netus (14 p13 st)	25	0	0	40 2	220 6	6 2	2	49	19	4%	190%	2%	4%
Broccoli 1 metice stali (191 g/1.3 ed)	45	0	0.5	80	460	8	8 3 12	2g	49	6%	220%	6%	6%
Carrot	30	0	0	60 3	250	7	2 8	59	19	110%	10%	2%	2%
Cauliflower	25	0	0	30	270	5 2	2	2g	2g	0%	100%	2%	2%
Celery 2 medium stalks (110 gr). 9 ml)	15	0	0	115	260 7	4	2 8	29	Og	10%	15%	4%	2%
Cucumber	10	0	0	0	140	2	1	19	19	4%	10%	2%	2%
Green (Snap) Beans	20	0	0	0	200 6	5	3 12	2g	1g	4%	10%	4%	2%
Green Cabbage	25	0	0	20	190 5	5 2	2 8	39	1g	0%	70%	4%	2%
Green Onion	10	0	0	10 0	70 2	2	1	19	Og	2%	8%	2%	2%
Iceberg Lettuce	10	0	0	10	125	2	1	29	1g	6%	6%	2%	2%
Leaf Lettuce	15	0	0	35	170	2	1	19	1g	130%	6%	2%	4%
Mushrooms	20	0	0	15	300 9	3	1	Og	3g	0%	2%	0%	2%
Onion	45	0	0	5 0	190 5	11	3 12	99	19	0%	20%	4%	4%
Potato 1 nedun (141 g 5.3 st)	110	0	0	0	620	26 9	2	1g	39	0%	45%	2%	6%
Radishes	10	0	0	55	190	3	1	2g	Og	0%	30%	2%	2%
Summer Squash	20	0	0	0	260	4	2	29	19	6%	30%	2%	2%
Sweet Corn	90	20	2.5	0	250	18 6	2 8	Sg	4g	2%	10%	0%	2%
Sweet Potato	100	0	0	70	440	23	4	7g	2g	120%	30%	4%	4%
Tomato	25	0	0	20	340	5	1	39	19	20%	40%	2%	4%
Most vegetables provide negli	aible a						2000						

SNACK	POPULARITY	HYPOTHESIZED FAT AMOUNT (tablespoons per serving)	ACTUAL FAT AMOUNT (serving/total package)	HYPOTHESIZED SUGAR AMOUNT (teaspoons per serving)	ACTUAL SUGAS AMOUNT (serving/total package)
					-

Calculate calories in baked goods. Types of food that contains calories. Average calories in bagel. Types of calories food.

(Rowling) Off to Adventure At this stage the hero is presented with an event that would make him decide to embark on his journey. For Frodo, he was introduced along with his home, The Shire, and his kin, Bilbo Baggins (Tolkien The Lord of the Rings) while for Harry we can glimpse his fosterfamilyand how he was being treated. Allen & Unwin 1954. Return with the elixir In the Lord of the Rings story, the destruction of the ultimate evil was the greatest good that Frodo gave Middle Earth but with a very high price to pay, his leaving his home the Shire and fighting the negative effects of his addiction to the one ring which has left him tainted (Tolkien The Lord of the Rings: Return of the King). For Harry, finding the true identity of his enemy Voldemort in thepersonality of one of his professors, Professor Quirrel, and the trouble of going into his lair. Request Removal This work "Comparison between Harry Potter and Frodo Baggins using the stages of Jason Campbell's Hero with a Thousand Faces" was written and submitted voluntarily by your fellow student. Be sure to read and understand the proffered contract before signing it. Both have different circumstances wherein for Frodo his home was merry and blissful while for Harry he was maltreated and pathetic. For The Lord of the Rings epic, it was a triumphant moment with Frodo destroying the ring although it was devastating on his part For Harry Potter in the Philosopher's Stone title, it was like an ordinary year in his school life, filled with danger and adventure and of course wonderful magic everywhere There maybe stages that we can glimpse in how heroes and patterns that we can discern from stories of heroes and villains. K. At this stage it was evident our hero lost since he decided to keep this power but its destruction was brought about by another character, Gollum, who was also tempted to the Ring. Instructions are included within the form. For Frodo leaving his home was the hardest thing for him to do at this stage it was very abrupt and already filled with danger and uncertainty. (Rowling) Mentors and friends Usually our hero would not make it alone. Stories might be seen as the same or similar due to these patterns but still each story is unique. NOTE: THIS DOCUMENT IS NOT VALID and may not be the contract students receive when offered a residence hall contract. And would it be nice if we can dissect our lives into these Hero stages. Tolkien, J. Go to: Special Accommodations Comparison between Harry Potter and Frodo Baggins using the stages of Jason Campbell's Hero with a Thousand Faces Introduction It is no doubt that Harry Potter and Frodo Baggins are two of the most well known heroes today. It was back to school again for Harry as they finish the remaining time in their first year in the but this time with greater confidence in his ability as a magician and greater trust in his friends and mentors (Rowling). REFERENCES: Rowling, J. The two have to leave Middle Earth and go back to the home of the elves where his recovery would take place (Tolkien The Lord of the Rings: Return of the King). Frodo's first ordeal was surviving the Ringwraiths in their flight to escape from the Shire and eventually meeting Strider up to the formation of the Fellowship with Frodo accepting the most dangerous of task of destroying the One Ring (Tolkien The Lord of the Rings: Fellowship of the Rings). The first hero was created by J.K. Rowling in her Harry Potter series, the son of two powerful mages who died protecting him from a very powerful evil wizard. The hero within us. Each character has their own unique personality, frailties and great moments. Review a sample version of the Residence Hall Contract. He has to permanently leave his home and be cured of the effects of his addiction for the one ring with the help of Gandalf and the elves. Having the resolve to overcome his addiction for the one ring with the help of Gandalf and the elves. danger afterwards but the road back was a brisk stride. You're Reading a Free Preview Page 2 is not shown in this preview. But still there were other influential characters that both will meet along the way and they would help define the character of our heroes. For Frodo, there was a drastic change in his worlds. Supreme ordeal At this stage our hero have reached the climax of the adventure. Harry on the other hand, his journey and entrance to Hogwarts and undergoing the House selection process seems to be his first obstacle that he needed to overcome (Rowling). Frodo already knew Gandalf the Grey Wizard beforehand while Harry has yet to meet the Hagrid and Headmaster of Hogwarts School of Witchcraft and Wizardry, Professor Dumbledore. For Harry Potter it was the knowledge of magic and hope of becoming a powerful mage and use his powers just like his parents - for the greater good. Bloomsbury, 1997. 2021-2022 Residential Calendar (pdf) Living-Learning Community Addendums Some Living-Learning Communities require residents to agree to abide by additional contract conditions specific to the particular program. The Lord of the Rings: The Two Towers. Both heroes were presented at the start of their stories. As they run for their lives, together with his friends from his home, from Black riders who are in pursuit and hot on their heels (Tolkien The Lord of the Rings: Fellowship of the Rings). For more information about rates and payments, refer to Residence Hall Fees. The Lord of the Rings: The Two Towers) upon reaching Mount Doom with emphasis on the cave entrance quarded by the giant spider Shelob, Our hero would not be able to perform this feat if it was not for the support of his companion Sam (Tolkien The Lord of the Rings: Return of the King). For Frodo this stage was the start of his rehabilitation or cure from the Ring's influence. Harry's ordeal was his confrontation with Voldemort, using the body of Professor Quirrel, and surviving his first encounter with the arch-fiend since his parents died. Harry had a glimpse in the magical world that he would be entering. Using Jason Campbell's hero stages. But these stories still inspire us and at the same time entertain us. Residence Hall Calendar Residence Hall calendars include important Student Housing dates, including deadlines, for each academic year. For Harry it was vindication, a magical experience and the resolve to become more powerful to defend not only himself but his friends from his nemesis next attack since it was confirmed that was not the last they have seen of Voldemort (Rowling). Residence Hall Fee Schedule Residence hall fee schedules include the rates for all residence hall occupancy and dining plan options. But most readers look up to these heroes with them searching also for the hero within themselves. (Tolkien The Lord of the Rings: Return of the King). This is the stage that pour hero comes back after attaining the needed quest item or answer. But the trip was filled with exciting things and developments. Resurrection This stage shows the life changing results of our hero's adventure. The Lord of the Rings: Return of the King. This stage is true for both heroes but it was presented differently. But we can also attribute the support and help of his loyal friends to overcome his coming trials and hurdles (Rowling). For Harry it was back to school as usual. His attachment to the ring may very well bring the ultimate evil back to their land. Bilbo Baggins, Frodo's uncle, decided to left their home, The Shire, in search of adventure and decided to left their home our hero nearly reaches the climax of the adventure. This is what he needs to overcome first before reaching the grand battle or completion of his quest. This is where the journey begins and hardship for the hero starts. Request for Special Accommodations Students requiring special housing accommodations should download, complete and submit a Disability Disclosure form. . United Kingdom: Allen & Unwin, 1954. Contract Addendums for these programs are available below. You can use this sample for research and reference purposes to help create your own paper. The difference lies in their familiarity with these mentor type characters. And if needed keep him on track of his quest and adventure. And with this Frodo's world was changed drastically. Harry Potter and the Philosopher's Stone. Usually this would be seen at the earlier part of the story. If you are the owner of this work and don't want it to be published on NerdySeal, request its removal. Campbell's hero stages can be easily used to structure a literary work. Road back Our hero starts back to journey home and return to their ordinary lives. The Hero Stages Introduction of the hero This is the first stage and this ordinary world and normal lifestyle before he embarks on his adventure. The hardest thing that Frodo ever did was to cause the destruction of the One Ring and fighting the temptation of having supreme power. Frodo's "sword" was something he lost, a part of him was destroyed along with the ring since he was reluctant to part with it and completion of his mission was by chance an accident. Both were introduced as heroes from literary works but their popularity was skyrocketed when they were featured in a full length movies. Frodo's innermost cave would be the hardship and trials experienced (Tolkien. Although tit was already destroyed, the Rings: Return of the King). He was marked with a lightning scar in his forehead and he became famous in the wizard world. --. This is usually the great battle with the evil enemy, the great big boss. For Harry it was very much anticipated and welcomed although the main obstacle he experienced was the hindrance of his foster family to have him go. That would be grand. The latter was created by J.R.R Tolkien in his Lord of the Rings epic tale trilogy, the Hobbit who was the successor of a very powerful item - the One Ring. Their struggle for ownership resulted in the destruction of the Ring. Hero seizes the sword The ultimate knowledge, weapon or artifact is obtained by the hero. He must have help from a very experienced character who would support and advice him. Both heroes may have undergone these stages but the difference is that Harry Potter has to undergo all these stages each time for every title of J.K. Rowling's series but for the purpose of this essay we would focus on the first work, Harry Potter and the Philosopher's Stone. R. With the help of his loyal friends they were able to reach it and come face to face with trials and danger that they need to overcome. The use of any parts of the work without proper citation is forbidden. But this "sword" does not always mean something beneficial as with the case of Frodo. The Lord of the Rings: Fellowship of the Rings: Fellowship of the Rings. This is where the effect of their quest is felt or seen. The curse of the lightning scar proved to be his ultimate protection agains the arch-fiend and his friends were able to rescue him in time (Rowling). This stage would usually help our hero decide to embark on the journey.

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