**Global Reflection: Sarah Zreiqat 8D**

I learned all about obesity, all the causes, and consequences. As a team we also searched best diet plans and ways to lose weight. Moreover, we also discovered the correct amount of consuming different types of nutrients, and how it affects us. To continue, not only did we write one solution which is the diet plans, we researched and found more solutions to help. Learning about obesity was a very helpful topic to learn about not to only about being overweight, but also how to maintain a healthy lifestyle.

About the team:

For this project everyone had a task to do, and each one of them preformed the task very well and finished it. Everyone worked on the flyer in all ways and we all shared all of our thoughts and ideas. For the PowerPoint all members worked on it and shared our ideas, but specifically we split the tasks to two:

Mostly carol and Christina worked on the flyer because that was their task. After they finished they showed us the work and me and tala added ideas that we all agreed on.

For the PowerPoint, me and tala worked for all of it and then showed the result to Christina and carol, some of the ideas wasn’t agreed for carol and Christina so, we changed some things depending on all of our likings and if we all agree on certain changes.

Overall, learning this certain topic was very interesting and working with my colleagues was very well and helpful.