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video

STEP 1 STEPS TO A HEALTHIER YOU

"STEP 1"

The traditional semester project has 12 "steps" for students to investigate their dietary habits and receive supportive feedback from our nutrition staff.

DO YOU HAVE CONCERNS?

If you believe the semester project could be triggering for you, we have an alternate option on the next page. You are expected to complete all 12 steps of either the traditional project or the alternate. It is very important to reach out to Toni as early as possible to ensure the full completion of one of the two options.

←—————→
THINK ABOUT WHAT DRIVES YOUR FOOD CHOICES. LIST THREE FOODS YOU CHOSE TO EAT AND EXPLAIN WHY.

EXAMPLE: POPCORN - I WAS AT THE MOVIES AND IT IS A FOOD I ASSOCIATED WITH THAT ACTIVITY SO I ALWAYS CHOOSE TO PAIR IT AS PART OF THE EXPERIENCE.

FOOD 1:

FOOD 2:

FOOD 3:

←—————→
WHAT IS YOUR FAVORITE FRUIT? EXPLAIN WHY.

WHAT IS YOUR FAVORITE LEGUME? EXPLAIN WHY.

FIND A FOOD OR DRINK THAT YOU ENJOY THAT HAS MORE THAN 10G OF PROTEIN PER SERVING. WHAT FOOD WAS IT AND HOW MUCH PROTEIN DOES IT HAVE PER SERVING?

IF YOU ARE UNSURE, RESEARCH YOUR FOODS TO FIND OUT



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STEP 2 STEPS TO A HEALTHIER YOU

"STEP 2"

The traditional semester project has 12 "steps" for students to investigate their dietary habits and receive supportive feedback from our nutrition staff.

OBJECTIVES AND NEEDED ITEMS

- Find nutrition facts panels of food you regularly eat or drink that has all three macronutrients in one serving.
- Answer the questions below based on the nutrition facts panel.
- Successfully transcribe the information to the Canvas submission and submit.
- **Show all work with units each step of the way (and with your answers, too)**

WHAT FOOD DID YOU CONSUME?

- SHARE THE NAME OF THE FOOD OR DRINK AND ITS SERVING SIZE

TOTAL FAT

- HOW MANY GRAMS OF FAT/LIPIDS ARE IN ONE SERVING?

- HOW MANY CALORIES FROM FAT/LIPIDS ARE IN ONE SERVING?

TOTAL CARBOHYDRATES

- HOW MANY GRAMS OF TOTAL CARBOHYDRATES ARE IN ONE SERVING?

- IF YOU SUBTRACT OUT THE GRAMS OF FIBER (INDIGESTIBLE) HOW MANY GRAMS OF DIGESTIBLE CARBOHYDRATES ARE IN ONE SERVING?

- IN ONE SERVING, HOW MANY CALORIES ARE FROM DIGESTIBLE CARBOHYDRATES? (SHOW WORK)

TOTAL PROTEIN

- HOW MANY GRAMS OF PROTEINS ARE IN ONE SERVING?

- IS IT A VEGAN FRIENDLY PROTEIN SOURCE? EXPLAIN HOW YOU KNOW IF IT IS VEGAN FRIENDLY OR NOT.



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STEP 3
STEPS TO A HEALTHIER YOU

"STEP 3"

REMINDER: For the 12 steps, you need to record 3 consecutive days. You will use those 3 days to analyze every step. They should include one weekend day and two weekdays. Thus, there are only two choices: Wednesday/Thursday/Friday or Sunday/Monday/Tuesday.

OBJECTIVES AND NEEDED ITEMS

- **Reflect on your three days using the page below**
- **Report all food/drink consumed for three full days on the next page.**
- If it is a food you cooked, report food ingredients and measures
 - ex: 3 cups (c) soup (2c water, 3 chicken bouillon cubes, 0.5c carrots, 0.5c chopped chicken, 0.25c onion)
 - We do not recommend using slices or pieces as units because each slice or piece may have a different weight and thickness.
- **Photo record one meal with a student or government ID on table.**

(FOLLOW ALL SUBMISSIONS INSTRUCTIONS IN CANVAS)

DAY 1 - DAY OF THE WEEK _____ CALENDAR DATE _____

WHAT TRENDS DID YOU NOTICE?

HOW DID YOU FEEL AS YOU CONSUMED THE FOODS?

DAY 2 - DAY OF THE WEEK _____ CALENDAR DATE _____

WHAT TRENDS DID YOU NOTICE FOR DAY 2?

DID YOU CONSUME CONSIDERABLY MORE OR LESS THAN YESTERDAY?

DAY 3 - DAY OF THE WEEK _____ CALENDAR DATE _____

CIRCLE YOUR CHOSEN THREE DAYS:

SUNDAY/MONDAY/TUESDAY OR WEDNESDAY/THURSDAY/FRIDAY



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STEP 4
STEPS TO A HEALTHIER YOU

"STEP 4"

The traditional semester project has 12 "steps" for students to investigate their dietary habits and receive supportive feedback from our nutrition staff.

OBJECTIVES AND NEEDED ITEMS

- Walk through instructions step by step
- Work within an online food tracking system
- Focus on attention to detail in reporting
- Successfully transcribe the information to Canvas and submit.
- *Use a computer with reliable internet to set up the new account*

YOU NEED TO CREATE A COMPLETELY NEW ACCOUNT IN MYFITNESSPAL AND FOLLOW THE INSTRUCTIONS STEP BY STEP. YOU WILL BE REQUIRED TO SHARE YOUR LOGIN AND PASSWORD, SO USE A NEW/UNIQUE ONE.

****DO NOT USE AN OLD ACCOUNT OR LINK THROUGH SOCIAL MEDIA****

NEW LOGIN:

NEW PASSWORD:

WHAT DID YOU SHARE AS YOUR APPROXIMATE WEIGHT? (INCLUDE UNITS)

WHAT DID YOU SHARE AS YOUR APPROXIMATE HEIGHT? (INCLUDE UNITS)

**FOR CALCULATION PURPOSES, YOU WILL NEED TO STATE YOU WANT TO "MAINTAIN WEIGHT". DID YOU STATE YOU WANTED TO "MAINTAIN WEIGHT"?
YES OR NO**

ESTIMATE YOUR DAILY ACTIVITY AND DO NOT TRACK ADDITIONAL STEPS/ACTIVITY. WHAT DID YOU CHOOSE AS YOUR ACTIVITY LEVEL?

NOTE: TO ENSURE YOU ARE NOT TRACKING ADDITIONAL ACTIVITY, WILL YOU CHECK THAT YOUR DAILY RECOMMENDATIONS ARE THE SAME FOR THE 3 TRACKED DAYS IN MY FITNESS PAL?

___ YES, WHEN I TRACK MY 3 DAYS I WILL CHECK THEY ARE THE SAME

___ NO, I DON'T PLAN ON ENSURING THE RECOMMENDATIONS ARE THE SAME

HINT: 3 CONSECUTIVE DAYS NEED TO BE RECORDED FOR THE 12 STEPS. YOU WILL USE THOSE 3 DAYS TO ANALYZE EVERY STEP. THEY SHOULD INCLUDE ONE WEEKEND DAY AND TWO WEEKDAYS. THUS, THERE ARE ONLY TWO CHOICES: WEDNESDAY/THURSDAY/FRIDAY OR SUNDAY/MONDAY/TUESDAY.



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STEP 5
STEPS TO A HEALTHIER YOU

"STEP 5"

The traditional semester project has 12 "steps" for students to investigate their dietary habits and receive supportive feedback from our nutrition staff.

OBJECTIVES AND NEEDED ITEMS

- Input info into MFP
- Learn how to screenshot and properly convert to and save PDF files
- Update file names, crop image (remove ads), and save again
- Create/upload PDFs from three screenshots converted to PDFs and saved with proper naming conventions

You will need a computer (not a phone or tablet) & computer skills

INPUT THE THREE DAYS OF FOOD INTAKE FROM "STEP 4" INTO MYFITNESSPAL AND CHECK ACCURACY AS IT IS ENTERED

USING A COMPUTER, NAVIGATE TO THE FOOD DIARY FOR DAY 1 AND TAKE A SCREENSHOT INCLUDING THE DATE, TOTALS, AND DAILY GOAL. CONVERT TO A PDF AND RENAME IT WITH NET ID, DAY 1-3, DAY OF THE WEEK, & DATE.

EX: BURKHALT-DAY1-SUNDAY-SEPT07

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Breakfast						
Smart Choice - Blueberry Muffin, 1 each	148	25	4	3	180	13
Slurp - Milk, 1.5 cup	120	19	0	12	180	17
Raw - Fresh Straw Berries, 2 1/2 (28g)	18	4	0	0	0	2
Add Food Quick Tools	284	47	4	15	360	32
Lunch						
Mars - Deli Shaved Ham, 7 slices	60	3	2	8	710	2
Arnold - Select White Grain Wheat Sandwich Roll, 1 roll	145	23	2	7	320	3
Dr. Pepper - Diet - 20oz, 20 oz	0	0	0	0	35	0
Poppom - Kettle Corn Poppom, 0.83 cups	55	12	1	1	110	6
Seeds, sesame seeds, whole, dried, 0.1 cup	83	3	7	3	2	0
Add Food Quick Tools	338	41	12	19	1,177	13
Dinner						
Icehouse - 5.9% - Beer 355ml (12 oz), 710 ml	298	20	0	3	18	0
Panera Bread - Mediterranean Sandwich, 1 sandwich	410	47	15	21	850	3
Parkhurst - Brussel Sprouts, 4 Oz	48	9	0	4	17	2
Add Food Quick Tools	756	76	15	28	885	5
Snacks						
On the Border - Dark Chocolate Square, 1 square	50	23	12	2	0	18
Add Food Quick Tools	50	23	12	2	0	18
Totals	1,428	187	43	64	2,422	68
Your Daily Goal	1,200	150	40	60	2,300	45
Remaining	-228	-37	-3	-4	-122	-23

REPEAT THE INSTRUCTIONS ABOVE FOR DAYS 2 & 3. CONFIRM YOUR SCREENSHOT LOOKS SIMILAR TO THE IMAGE ABOVE.

CHECK THE NUTRITION INFORMATION FOR ACCURACY FOR EXAMPLE, IF YOU HAVE A GLASS OF WHOLE MILK, IT SHOULD HAVE CALORIES AS WELL AS FATS/LIPIDS, CARBOHYDRATES IN THE FORM OF SUGARS, AND PROTEIN.

- DELETE ACTIVITY (ALL DAILY RECOMMENDATIONS SHOULD BE THE SAME)
- CONFIRM ACCURACY OF NUTRITION AND OTHER ASPECTS ONCE MORE
- CREATE THE PDF FILES WITH THE CORRECT NAMING CONVENTION
- UPLOAD THE 3 CORRECTLY NAMED PDF FILES INTO ONE CANVAS SUBMISSION
- USING A SECOND DEVICE, CONFIRM THE 3 FILES OPEN PROPERLY FROM CANVAS



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STEP 6
STEPS TO A HEALTHIER YOU

"STEP 6"

The traditional semester project has 12 "steps" for students to investigate their dietary habits and receive supportive feedback from our nutrition staff.

OBJECTIVES AND NEEDED ITEMS

- Use math to interpret nutrition information
 - Calculate % Calories from a nutrient subclass (ex: lipids)
 - Show all steps in the calculation using units each step of the way
- Reflect on foods consumed that are highest in lipids
- Reminder: use the same three days that were tracked in "step 3"

You will need a calculator (most phones have one for free)

CALCULATE YOUR 3-DAY AVERAGE FAT/LIPID CALORIES CONSUMED

- LOGIN MFP ON A COMPUTER AND THIS INFORMATION CAN BE TAKEN DIRECTLY FROM EACH DAY
- ADD THE GRAMS OF FAT CONSUMED EACH DAY AND DIVIDE BY 3 $((D1 + D2 + D3)/3)$
- TAKE THE ABOVE VALUE AND MULTIPLY IT BY 9 CAL/G OF FAT = AVG FAT CAL/D

CALCULATE YOUR 3-DAY AVERAGE TOTAL CALORIE INTAKE

- LOGIN MFP ON A COMPUTER AND THIS INFORMATION CAN BE TAKEN DIRECTLY FROM EACH DAY
- ADD THE TOTAL CALORIES CONSUMED EACH DAY AND DIVIDE BY 3 $((D1 + D2 + D3)/3)$
- REPORT AS THE AVERAGE CALORIES CONSUMED PER DAY

WHAT % OF YOUR TOTAL CALORIES ARE FROM FAT?

- DIVIDE THE AVG. FAT CALORIES BY AVG TOTAL CALORIES
 - EX: $[3\text{-DAY AVERAGE FAT CALORIES}] / [3\text{-DAY AVERAGE TOTAL CALORIE INTAKE}]$
- MULTIPLY THE DECIMAL VALUE ABOVE BY 100 TO CONVERT IT TO A PERCENTAGE.
- NOTE: IT IS COMMON FOR INDIVIDUALS TO HAVE 5-45% OF THEIR CALORIES FROM FAT ON AVERAGE.

DID THE ABOVE INFORMATION SURPRISE YOU?

REFLECT WHILE SHARING THE FOODS THAT WERE HIGHEST IN FAT AND THE AMOUNT OF FAT PER SERVING OF THE FOODSTUFF



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STEP 7
STEPS TO A HEALTHIER YOU

"STEP 7"

The traditional semester project has 12 "steps" for students to investigate their dietary habits and receive supportive feedback from our nutrition staff.

OBJECTIVES AND NEEDED ITEMS

- Use math to interpret nutrition information from the 3 days tracked
- Calculate protein needs based on your physical activity
- Compare calculated protein needs to MFP's recommendations
- Show all steps in the calculation using units each step of the way

You will need a calculator and a computer logged into MyFitnessPal

CALCULATE YOUR 3-DAY AVERAGE PROTEIN INTAKE/CONSUMPTION

- ADD GRAMS OF PROTEIN CONSUMED BY CLEARLY LISTING GRAMS OF PROTEIN CONSUMED EACH DAY
- DIVIDE THE TOTAL BY 3 TO GIVE THE THREE-DAY AVERAGE GRAMS OF PROTEIN CONSUMED

CALCULATE YOUR DAILY PROTEIN NEEDS BASED ON WEIGHT & ACTIVITY

- STATE YOUR "ACTIVITY LEVEL" CATEGORY YOU CHOSE IN MYFITNESSPAL AND EXPLAIN WHY
- CLEARLY SHOW THE RECOMMENDED GRAMS PROTEIN PER KG BASED ON LECTURE MATERIALS
- CALCULATE YOUR PROTEIN NEEDS BASED ON YOUR WEIGHT AND ACTIVITY LEVEL (INCLUDE UNITS)

HOW MUCH PROTEIN DOES MFP RECOMMEND PER DAY (GOAL)?

- IT IS IMPORTANT TO NOTE THAT MYFITNESSPAL GENERALLY OVERESTIMATES PROTEIN NEEDS.

HOW DO YOU COMPARE TO THE CALCULATED BASIC NEEDS AND MFP?

- IF YOU ARE ON TRACK FOR HEALTH, YOUR REPORTED AVERAGE DAILY PROTEIN INTAKE SHOULD BE BETWEEN THE CALCULATED VALUE ABOVE & MYFITNESSPAL'S RECOMMENDATION.

WHAT 3 FOODSTUFFS CONSUMED CONTRIBUTED THE MOST PROTEIN?
DID THE FOODSTUFFS CONTAIN COMPLETE OR INCOMPLETE PROTEINS?
EXPLAIN HOW YOU KNEW IF IT WAS COMPLETE OR INCOMPLETE.



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STEP 8
STEPS TO A HEALTHIER YOU

"STEP 8"

INTERESTING FACTS ABOUT SODIUM RECOMMENDATIONS:

- Only 500 mg/d of sodium are needed to sustain life
- 1,500 mg/d is the Adequate Intake (AI) or recommendation
- 2,300 mg/d is the DV that individuals should not exceed

OBJECTIVES AND NEEDED ITEMS

- Calculate 3-day average intake showing each step and using units properly
- Compare sodium recommendations to your intake
- Investigate which foods are highest in sodium
- Reflect if it is setting you up for the best health

You will need a calculator and a computer logged into MyFitnessPal

CALCULATE YOUR 3-DAY AVERAGE SODIUM INTAKE/CONSUMPTION

- ADD MILLIGRAMS OF SODIUM CONSUMED FROM THE THREE TRACKED DAYS
- DIVIDE THE TOTAL BY 3 TO GIVE THE THREE-DAY AVERAGE SODIUM CONSUMPTION

COMPARE YOUR AVERAGE SODIUM INTAKE TO EACH OF THE THREE VALUES OUTLINED AT THE TOP OF THIS PAGE

WHERE DOES YOUR AVERAGE DAILY INTAKE FALL WHEN COMPARED TO MINIMUM, AI, AND DV?

- 1) MINIMUM INTAKE = 500MG
- 2) ADEQUATE INTAKE (AI) = 1500MG
- 3) DAILY VALUE (DV) = 2300 MG OF SODIUM.

WHAT WERE THE 3 FOODS THAT WERE HIGHEST IN SODIUM? HOW MUCH SODIUM DID EACH OF THOSE THREE FOODS CONTAIN?

REVIEW YOUR MFP OUTPUT AND NOTE THE FOODS HIGHEST IN SODIUM.

MINERAL IMBALANCES ARE RELATED TO SEVERAL ACUTE OR CHRONIC DISEASES. REFLECT: IS YOUR SODIUM INTAKE SETTING YOU UP FOR THE BEST HEALTH POSSIBLE? EXPLAIN WHY WITH SCIENTIFIC SUPPORT.



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STEP 9
STEPS TO A HEALTHIER YOU

"STEP 9"

HOW DO I CHANGE MY REPORTED NUTRIENTS IN MFP?

- Log in on a computer: My Home > Food (top) > Settings (2nd row)
- From the drop-down boxes, replace vitamin C with calcium
- Scroll down and "Save Changes". Refresh and review the 3 days

OBJECTIVES AND NEEDED ITEMS

- **USE A COMPUTER TO UPDATE SETTINGS:** A computer is needed to log in to the days to review the results. Once logged into MyFitnessPal, click on the FOOD tab, then "settings" in the second row. Once in the settings, change nutrients tracked to include calcium and/or other micronutrients to see how your diet ranks!
- **% vs. MG:** Navigate to the three days that have been analyzed during the semester for the project. MyFitnessPal reports in DV percentages for the micronutrients. The updated daily value for calcium is 1,300mg per day.
- **SHOW WORK:** Show all work and include all units each step of the way.
- **NOTICE:** If you notice a food should contain calcium, but it is not reported as containing calcium in the system, it is best to find the same food and/or update the database to reflect the correct information.

CALCULATE YOUR 3-DAY AVERAGE % DV CALCIUM INTAKE

- ADD THE % DV FOR CALCIUM CONSUMED FROM THE THREE TRACKED DAYS
- DIVIDE THE TOTAL BY 3 TO GIVE THE THREE-DAY AVERAGE % DV FOR CALCIUM

WHAT WERE THE 3 FOODS THAT WERE HIGHEST IN CALCIUM?

REVIEW YOUR MFP OUTPUT AND NOTE THE FOODS HIGHEST IN CALCIUM.
WHAT WAS THE %DV FOR EACH OF THE FOODS THAT WERE HIGHEST IN CALCIUM?

COMPARE YOUR INTAKE TO THE RECOMMENDED 100%

ARE YOU CONSUMING AT LEAST 100% OF THE RECOMMENDED AMOUNT OF THIS MINERAL OF CONCERN?

REFLECT: IS YOUR INTAKE SETTING YOU UP FOR THE BEST HEALTH POSSIBLE? EXPLAIN WITH SCIENTIFIC SUPPORT AND DETAILS.



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STEP 10 STEPS TO A HEALTHIER YOU

"STEP 10"

Often times, having a balanced diet with macronutrients coming from diverse and nutrient dense foods increases the likelihood of meeting an individuals' micronutrient needs as well. Let's see how your macronutrient ratios line up with the recommendations.

OBJECTIVES AND NEEDED ITEMS

- Draw information from past steps
- Calculate any remaining information requested
- Show all steps in the calculation using units each step of the way
- Fill out the table on this page, including any needed units

You will need a calculator and computer skills to make a table

CALCULATE YOUR 3-DAY AVERAGE TOTAL CARBOHYDRATE CONSUMED

- LOGIN MFP ON A COMPUTER AND THIS INFORMATION CAN BE TAKEN DIRECTLY FROM EACH DAY
- ADD THE GRAMS OF TOTAL CARBOHYDRATES CONSUMED EACH DAY AND DIVIDE BY 3 $((D1 + D2 + D3)/3)$
- TAKE NOTE OF THE DAILY GOAL FOR CARBOHYDRATES AND PLACE VALUES AND UNITS ON THE TABLE

CALCULATE YOUR 3-DAY AVERAGE TOTAL FAT/LIPIDS CONSUMED

- LOGIN MFP ON A COMPUTER AND THIS INFORMATION CAN BE TAKEN DIRECTLY FROM EACH DAY
- ADD THE GRAMS OF TOTAL FAT CONSUMED EACH DAY AND DIVIDE BY 3 $((D1 + D2 + D3)/3)$
- TAKE NOTE OF THE DAILY GOAL FOR FAT AND PLACE VALUES AND UNITS ON THE TABLE

CREATE A TABLE WITH ALL INFORMATION TO REPORT 3-DAY AVERAGE MACRONUTRIENT CONSUMPTION RELATIVE TO THE RECOMMENDATIONS

- PROTEIN 3-DAY AVERAGE WAS CALCULATED IN A PREVIOUS STEP
- TO CALCULATE THE % OF THE DAILY GOAL, DIVIDE 3-DAY AVERAGE NUTRIENT CONSUMPTION BY THE DAILY NUTRIENT INTAKE GOAL FROM MFP.
- BE SURE TO INCLUDE UNITS IN EACH OF THE BOXES WHEN SUBMITTING.

Nutrient class	3-day average intake	Daily goal from MyFitnessPal	% of daily goal consumed
Carbohydrates			
Fats/Lipids			
Protein			



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STEP 11
STEPS TO A HEALTHIER YOU

"STEP 11"

WHERE DO I FIND MY "DAILY CALORIE GOAL" IN MFP?

- Log in on computer: Food tab > Food Diary > review kcal (Calories)
- Toggle through the 3 reported days to confirm they are the same
- If all days are not the same, stop into Toni's office hours

OBJECTIVES AND NEEDED ITEMS

- Calculate daily averages
- Compare caloric recommendations to your intake
- Show all steps in the calculation using units each step of the way

You will need a calculator and a computer logged into MyFitnessPal

HOW MANY CALORIES DID MYFITNESSPAL STATE AS YOUR DAILY GOAL?

REVIEW THE INSTRUCTIONS ABOVE TO CONFIRM ALL DAYS ARE THE SAME WITH THE REPORTED GOAL.

BASED ON THE MYFITNESSPAL 3-DAYS YOU TRACKED, ARE YOU OVERCONSUMING OR UNDERCONSUMING CALORIES?

BASED ON YOUR ANSWER ABOVE, WOULD YOU GAIN OR LOSE WEIGHT IF YOU ATE EXACTLY LIKE THE AVERAGE OF THE 3 TRACKED DAYS FOR A FULL YEAR?

IF YOU ATE LIKE THE 3 DAYS TRACKED FOR AN ENTIRE YEAR, HOW MUCH WEIGHT WOULD YOU GAIN OR LOSE?

- SUBTRACT THE MFP CALORIC GOAL FROM YOUR AVERAGE CALORIC INTAKE
- MULTIPLY THE ABOVE VALUE BY THE DAYS IN A YEAR (365)
- DIVIDE BY 3,500 CAL PER LB. OF STORED ENERGY / ADIPOSE TISSUE

REFLECT: WERE THERE NOTABLE DIFFERENCES IN THE NUMBER OF CALORIES CONSUMED PER DAY? WHY DO YOU THINK THAT IS?



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STEP 12
STEPS TO A HEALTHIER YOU

"STEP 12"

IT IS TIME TO TIE IT TOGETHER AND REVIEW THE SUBMITTED STEPS AND SEE IF THERE ARE ANY PATTERNS OR PLACES YOU COULD BE EVEN HEALTHIER WITH YOUR FOOD CHOICES!

←—————→
OBJECTIVES AND NEEDED ITEMS

- Investigate how dietary choices can impact chronic diseases
- Reflect on your dietary choices
- Research if your choices are setting you up for the best health

You will need time to reflect, internet access to complete research on nutrition's impact on overall health, and time to navigate MyPlate.gov

←—————→
THERE ARE 5 FOOD GROUPS IN MYPLATE. LIST THE FOOD GROUPS YOU HAD FOODS REPRESENTED AND WHAT FOOD YOU CONSUMED FROM THAT GROUP

LIST THE FOOD GROUPS YOU DID NOT CONSUME A FOOD FROM. WHAT FOOD COULD YOU ADD TO YOUR DIET TO REPRESENT THIS GROUP?



(SEE QR CODE FOR MORE INFO)

←—————→
LIST AND DEFINE THE 5 CHARACTERISTICS OF A HEALTHFUL DIET OUTLINED CHAPTERS 1-3 AND THEN CIRCLE THE CHARACTERISTIC YOU HAVE THE MOST DIFFICULTY WITH. EXPLAIN WHY IT IS DIFFICULT FOR YOU WITH AN EXAMPLE.

ARE YOU SETTING YOURSELF UP FOR LONG-TERM HEALTH, DECREASING THE LIKELIHOOD OF CHRONIC DISEASES? EXPLAIN USING SCIENCE AND THE MORE COMMON DISEASES DISCUSSED IN CLASS.

IS THERE ANY ASPECT YOU CAN IMPROVE IN THE FUTURE? EXPLAIN WITH 3-5 COLLEGE LEVEL SENTENCES.