**Food Journal Assignment**

1. For five consecutive days, track your food & drink intake in a journal. Include **all food and drinks** that you consume. Compare your daily intake to the Canada Food Guide. Discuss the major food groups. Consider using the following chart to organize your results:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Fruits & Veggies | Grain Products | Milk Products | Meat & Alternatives |
| **MONDAY** |  |  |  |  |
| 2 pieces of white toast with 2 tbsp Peanut Butter |  | 2 servings |  | 1 serving |
| 1 cup of Orange Juice | 2 servings |  |  |  |
| … |  |  |  |  |

1. Write one paragraph about how your weekly diet compared to the Canada Food Guide. Address the following questions:
   * How many meals per day do you normally eat?
   * What is your biggest meal of the day?
   * What did you eat that was healthy for you?
   * What could you change about your diet to improve your overall health?
2. Prepare a diet plan for 1 day showing a healthy meal & drink plan according to Canada’s Food Guide.

**HINTS**: Discuss Vitamins / Minerals / Calories in your response. Some common vitamins & minerals: **Vitamin A, Vitamin B, Vitamin C, Vitamin D, Iron & Calcium.**

RUBRIC:

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CATEGORY | **LEVEL 1**  Limited effectiveness | **LEVEL 2**  Some degree of effectiveness | **LEVEL 3**  Considerable effectiveness | **LEVEL 4**  High degree of effectiveness |
| **KNOWLEDGE & UNDERSTANDING**  *Classifications of weekly intake* | Minimal food and drink is classified correctly | Some food and drink is classified correctly | Nearly all food / drink is classified correctly | All food / drink classified correctly Vitamins/minerals /calories considered |
| **PLANNING** *Recommended one-day diet plan* | Recommended meal plan does not follow Canada Food Guide standards | Recommended meal plan somewhat follows Canada Food Guide standards | Recommended meal plan follows Canada Food Guide | Recommended meal plan follows Canada Food Guide Rich in minerals / vitamins |
| **PROCESSING**  *Analysis/discussion of weekly intake* | Analysis of the week shows limited understanding of healthy foods | Analysis of the week shows some understanding of healthy foods | Analysis of the week shows considerable understanding of healthy foods | Analysis of the week shows true understanding of healthy foods |
| **COMMUNICATION**  *Weekly intake list*  *Terminology* | - Most meals / drinks are not included  - Correct terminology is rarely used | - Some meals/drinks are included  - Correct terminology is sometimes used | - Nearly all meals/drinks are included  - Correct terminology is mostly used | - All meals/drinks are included  - Vitamins / Minerals are included  - Correct terminology is used consistently |

**Overall Mark:** Include this rubric.