NUTRITION ASSIGNMENT

This assignment will replace a unit exam so completion of this assignment is not optional.

Assignment objective: To apply what you have learned during this unit to your own diet and to become more aware of whether or not you are providing yourself with good nutrition.

Assignment Instructions:

Keep a food diary documenting five days of meals.

Complete a poop journal and read the “What your bowel movements indicate about your health”

These two documents will provide information you will need to start assessing your own nutrition needs. You are to summarize your findings in a report. Your report must include:

1. The number of calories you consume on an average day
2. The daily calorie requirements for your age, height, activity level, eating habits, daily and family routine
3. A reflection on the daily percentages and quality of sources of your macronutrients (carbohydrates, fats, and protiens)
4. 10 possible improvements that you could make to ensure a healthier diet. You must describe each “problem” in detail and explain what you could do to improve it.

Example: *I saw in my food diary that I was drinking a lot of artificial fruit drinks every day. These have lots of sugars. High sugar can raise my insulin levels and make my pancreas work harder. This could cause insulin resistance which can cause the insulin producing cells in my pancreas to eventually wear out. This causes Type II Diabetes. I could replace these drinks with some healthier choices. I could drink water instead. If I want a drink with more flavor I can make fruit water by cutting real fruit into water and letting it sit. I could also try drinking green tea or juices made from real fruit and vegetables and no added sugars.*

1. Write a conclusion summarizing what you learned about your nutrition habits and what changes you believe you would be able to make.
2. Keep track of all sources you use and include a detailed bibliography.

Example: (You can use the reference tab in Microsoft Word – Ms. Johnston will give a demonstration)

# Bibliography

Karan, L. (2013, February 7). *6 Healthy alternatives to fruit juice — even the 100% kind*. Retrieved from The Mindful Foodie: http://themindfulfoodie.com/2013/02/07/6-healthy-alternatives-to-100-fruit-juice/

1. Your report can take many forms. It can be a typed report, a scrapbook, a video, PowerPoint, Prezi, website, photo story, etc. Here is an example of a website project: <http://mynutritionproject.webs.com/>

You are free to explore various books and websites for information. Remember to keep track of all your sources for your bibliography. Here are some helpful sites to get you started:

My Fitness Pal <http://www.myfitnesspal.com/>

My Plate <http://www.choosemyplate.gov/>

Canada Food Guide <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Scooby’s Workshop <http://scoobysworkshop.com/calorie-calculator/>

Mayo Clinic <http://www.mayoclinic.org/calorie-calculator/itt-20084939>

Calorie Count <http://caloriecount.about.com/>