

Dietary Assessment

This is a required Project

Students must complete this project to pass this course

1. Use your activity / food journal to add up the total calories expended for each day. Circle the total number of calories expended at the bottom of the page for each day.
2. Using the sheets provided in your packet, use your activity / food journal to place the foods you ate for both Day 1 and Day 2 into the appropriate section on the Food Guide Pyramid. Add up the total number of servings for each group and circle the total.
3. Research each food you ate and figure out how many calories and grams of fat are in each item. Place the foods, calories, and fat grams on the sheets provided. At the bottom of each day add the total calories and fat consumed.
4. Complete the "Where Did The Nutrients Come From" sheet in the packet using Chapter 7 in your health book. Use your food journal to list the foods for your probable sources.
5. Last, fill out the Nutrition Analysis in the back of your packet. This is to reflect on what you learned. Take your time before you write down your answers.

Name _____

Period _____

Teacher _____