

Food Diary Assignment – Mrs. Richardson

Now that you have tracked your food for five days, it is time to see how your choices stack up.

1. Setup a **MyPlate Profile**.
2. Once logged into your MyPlate account, click on tracker and begin entering the food and drink items that you have eaten for the five days of tracking
3. View the tracker by the week and copy and past your entries into your document (this does not count toward your page total).
4. Under the progress tab review the Nutrition Facts for each day. Copy and paste the label next to your entry for the corresponding day above (this does not count toward your page total).
5. Review the **USDA Dietary Guidelines**. Discover how you stack up to the new recommendations. Notice any personal reactions to the recommendations.
6. Write a 1-2 page (typed, double spaced) reflection on the Food Diary and MyPlate process. Here are some questions that may get your reflective juices flowing:
 1. What surprised you about the food and drink you consumed over the five days?
 2. What trends did you notice? What did you notice during your daily reflections? Did who you ate with or where you ate affect what you ate? What about how you felt?
 3. Were you lacking in any major nutrients? If so, what are some changes you can make to your diet to increase your intake of this nutrient?
 4. Did you have an excess of any nutrients? Were you surprised by this? What changes can you make to adjust this?
 5. Do you agree or disagree with the USDA Daily Recommended Values for various nutrients?
 6. Discuss at least three strengths of your current food intake.
 7. Discuss at least three specific areas for improvement in your diet.
 8. Discuss at least three things you learned from this project.

Your paper can be submitted to me in printed form or through google docs. My google address is asia.richardson@lincoln.k12.or.us