**Dietary Analysis Activity**

Having the ability to evaluate your food intake and determine if and what changes need to be made is an important step in making healthy choices. For this project, you will evaluate the eating habits based on the principles of proper nutrition. You will then create a new healthy menu with recipes using what you have learned.

**All information must be TYPED, double spaced, 12 point font, Times New Roman, and have 1-inch margins.**

1. **Cover Page**: Have fun with your cover page. It should include pictures or other decorations and can be either made by hand OR computer generated. Your cover page MUST include the following information:
	1. Project Name (Dietary Analysis Project)
	2. Name
	3. Date
	4. Class Title
	5. Class Period
	6. Illustration
2. **Table of Contents**: This is a list of what is in the report and where you can find it. Simply follow the project outline to create the headings in your table of contents. Add your page numbers once your project is complete to make sure they are accurate. Be sure to put page numbers on all your project pages and write the corresponding page numbers in your table of contents. If you need help with formatting, use your textbook table of contents to help you.
3. **Food Journal**: Record your food intake for TWO days, including the **food item** and **how much you ate**. If you skipped a meal, you must show this in your diary. **One day must be a weekday, and the other day must be a weekend.** The following information must be included in BOTH diary pages.
	1. Breakfast
	2. Lunch
	3. Dinner
	4. Snacks and/or Desserts
	5. All Drinks (can be a separate category or written under other meals)
4. **Nutrient Intake**: Create an account at cronometer.com and enter your two-day food intake. Print a copy of your *Nutrition Report* and place it in your binder. See the attached directions for information on how to complete this process.
5. **Dietary Analysis**: Write a reflection about your nutrient intake using what you learn in class and online. You must write a separate paragraph for protein, fats, carbohydrates, and vitamins and minerals (4-5 paragraphs total). Each paragraph must contain…
	1. definition of the nutrient and different forms of the nutrient we learn in class
	2. how the nutrient is used in the body
	3. how much you should have eaten (based on cronometer.com).
	4. how much you ate and all the food items you ate that contain the nutrient (ex: some of my proteins sources were chicken, fish, beans, and peanut butter).
	5. Description of three specific changes you will make to improve your intake of the nutrient (ex. I would replace the steak I ate for dinner on day one with baked chicken to have a healthier source of protein. I would also add garbanzo beans to the salad I ate on day two to make sure I eat enough protein during the day. Trail mix would be a great snack to add on day one as well to make sure I am eating healthy proteins.).
6. **New Menu**: Create a **new menu** that addresses all the needs you uncovered through the dietary analysis. Your menu must show what you know about healthy meal planning. It should include **most of the suggestions** you made for yourself in your reflection, along with **serving sizes and appropriate categories**.
	1. Breakfast (ex. Veggie omelet with 2 eggs, ½ cup spinach, and 2 oz. cheese, ½ cup oatmeal with a handful of blueberries, and 1 cup almond milk).
	2. Lunch
	3. Dinner
	4. Snacks and/or Dessert (Either two snacks OR one snack and one dessert)
7. **Summary**: Write a one paragraph summary of your experience during this activity. What did you learn? Were you surprised by anything? What steps do you plan to take to change your diet today, or in the future? How can this information help you later in life?
8. **Extra Credit**: Choose one of healthy food items you listed in your new menu and complete a recipe review.

Have fun with this project! Feel free to include fun boarders, pictures, and other resource

**Rubric**

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| **Assignment**  | **4** | **3** | **2** | **1** | **Totals** |
| **Report Basics** |
| *Formatting* | 12 point font, 1-inch margins, Times New Roman, Double Spaced, Report format with headings.  | One formatting criteria inaccurate. | 2 formatting criteria inaccurate. | 3 formatting criteria inaccurate.  |  **/2** |
| *Cover Page* | Student included all cover page components and displayed creativity and effort in their composition.  | Student was missing 1-2 cover page component but displayed creativity and effort in their composition.  | Student was missing more than 2 cover page components but displayed creativity and effort in their composition.  | Student was missing more than 2 cover page components of and did not display creativity in their composition.  |  |
| *Table of Contents* | Student included every heading of their project and accurate page numbers. All pages of the report were accurately numbered.  | Student was missing 1-2 important headings present in their project but had accurate page numbers. All pages of the report were accurately numbered.  | Student included headings and page numbers in their table of contents, but report pages were not numbered. OR report was numbered but did not place numbers in table of contents.  | Student was missing 1-2 important headings AND did not number their table of contents or include page numbers in their project.  |  **/2** |
| **Report Content** |
| *Dietary Intake Record*  | Student included a 2 day diary of their eating patterns. Each day included breakfast, lunch, dinner, snacks, and drinks.  | Student included a 2 day diary of their eating patterns, but 1-2 of the categories were missing. | Student included a 2 day diary of their eating patterns, but 2-3 of the categories were missing OR amount eaten was missing on one day.  | Student included a 2 day diary of their eating patterns, but 3-4 of the categories were missing OR amount eaten was missing on both days.  |  |
| *Nutrient Intake*  | Student included a printout of their nutrient summary for two days, including the individual days and overall summary.  | Student only included the overall summary of their nutrient intake.  | Student only included the printout for individual days, or some food items were missing or inaccurate.  | Student only recorded one day of food items, or both days were included, but were mostly inaccurate or missing based on food diary.  |  |
| *Dietary Analysis (All Nutrients)* | Student wrote an exceptionally detailed and accurate analysis of the nutrient based on the directions stated above.  | Student wrote an analysis of the nutrient based on the directions stated above. One of the items may have been missing or incomplete.  | Student wrote a detailed analysis of the nutrient, but one to two of the items may have been missing or incomplete.  | Student wrote an analysis of the nutrient, but three or more of the items were missing or incomplete.  | Protein:Fat:Carbs:Vit/Min:  |
| *New Menu* | Student included an exceptionally detailed menu that clearly shows an understanding of healthy meal planning and serving sizes. Breakfast, lunch, dinner, snacks, and drinks were included.  | Student included a detailed menu that shows an understanding of healthy meal planning and serving sizes. Breakfast lunch, dinner, snacks, and drinks were included.  | Student included a menu that shows a basic understanding of healthy meal planning. The majority of food items were included.  | Student included a menu that shows a lack of understanding of healthy meal planning. Many food items were missing. |   X2  |
| *Summary*  | Summary is exceptionally detailed, thorough, and thoughtfully written and shows a clear understanding of nutrition.  | Summary is detailed and thoroughly written and shows an understanding of nutrition.  | Summary shows an understanding of nutrition and the process of reflection.  | Summary shows a very basic understanding of nutrition and the process of reflection.  |  |
|  *Total: /44* |