# Personal Nutrition Study Assignment

**Purpose of this assignment:** To have students work with nutrition facts and think about their own diet.

**Essential questions:** What is good nutrition? How do I know if I am getting good nutrition?

**The work:** You must turn in four items for this assignment. They are listed below.

* A two-day food diary that clearly shows you actually kept track of everything you ate.
* A chart showing the six essential nutrients plus fiber *and* foods from the diary in the categories (if possible).
* The assignment sheet with the chart at the bottom of this page filled out.
* A one-day menu plan that shows three meals plus snacks that will provide you with balanced nutrition and meets the MyPlate guidelines for your gender and age.

**The instructions**

To do this assignment, you will have to keep a food diary of everything you eat for two days. You will be given a form that you can use to keep track of this.

1. After you have kept a two-day food diary, use the information from the textbook and our classroom work to analyze your diet. Look at what you are eating. Do you eat foods that allow you to get nutrients from all six of the essential categories? They are: water, fats, proteins, carbohydrates, vitamins and minerals. Also think about fiber in your diet. What kinds of foods provide fiber? Did you eat those foods?
2. Make a graphic (chart, table or matrix, bar graph etc.) that shows the six essential nutrients plus fiber. For each nutrient, see if you can find four foods from your Two-Day Food Diary that would supply you with the nutrient.
3. Go to the My Plate website. My Plate has replaced My Pyramid for the United States government’s dietary guidelines.

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

My Plate lists five important food groups: Fruits, Vegetables, Grains, Protein Foods and Dairy Products. It also lists Empty Calories. Visit each of the sections of the webpage listed in the previous sentence.

Merge the six essential nutrients with My Plate using the chart below

**Essential Nutrient My plate group List at least four foods in the group or groups**

**that supply the nutrient**

|  |  |  |
| --- | --- | --- |
| Water |  |  |
| Vitamins |  |  |
| Minerals |  |  |
| Protein |  |  |
| Carbohydrates |  |  |
| Fats |  |  |

## Grading Requirements

This project will be graded using the following rubric.

|  |  |  |  |
| --- | --- | --- | --- |
| **Two-Day Food Diary** | Diary is complete and shows shows evidence that food was recorded regularly and accurately with ingredients listed.  30 points | Diary is mostly complete. Every meal is recorded – but foods may not be broken down into ingredients. For example: Chicken tenders instead of chicken, bread and frying oil.  25 points | Diary is incomplete. It appears that foods were not recorded regularly. Diary does not show much care or thought in the work.  20 points or lower |
| **Graphic showing Six Essential Nutrients** | Graphic is complete and shows all six nutrients plus fiber. Foods are recorded accurately and come from the diary.  25 points | Graphic is mostly complete, but may be missing one part. It may have a little inaccurate information in it.  20 points | Graphic has not been completed. Little effort is evident in completing this part of the assignment.  15 points or lower |
| **Chart on Assignment Sheet** | Chart is completed. Information is accurate and recorded in the correct places.  15 points | Chart is mostly complete. It may contain some inaccurate information, but shows effort and work.  10 points | Chart is incomplete. It shows little effort to complete it or thought about it.  5 points or lower |
| **One-Day Menu Plan** | Menu plan is complete with breakfast, lunch and supper. It also contains snacks. The day’s food shows balanced nutrition.  30 points | Menu plan is mostly complete. It may be missing one meal or the snacks. It shows an effort to address nutrition but falls short of balanced.  25 points | Plan is incomplete. It is missing major elements and shows little effort to complete it or thought about it.  15 points or lower |

**Requirement Description and points**

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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