

## NUTRITION ASSIGNMENT

Name: \_\_\_\_\_  
Teacher: \_\_\_\_\_  
Section: \_\_\_\_\_  
Assignment Due Date: \_\_\_\_\_



### Important facts about Nutrition

- A diet rich in many fruits and vegetables can reduce the risk of many cancers.
- Eating lots of fruits and vegetables may reduce the risk of heart disease.
- Eat a variety of grain products.
- Choose products that contain whole wheat, multi grain.
- Meat and alternatives offer a source of protein fat and many other important nutrients, such as; iron, zinc, magnesium and B vitamins.
- Milk and alternatives provide nutrients that are good for your bones.
- Grain products, mainly whole grains, are a source of fiber and are typically low in fat. Fiber rich foods can help you feel full.

### For more information on nutrition visit these sites

Caanda's Food Guide [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)  
[www.dieticians.ca](http://www.dieticians.ca)  
[www.kellogs.ca](http://www.kellogs.ca)

### NUTRITION LOG ASSIGNMENT

In the chart provided, record your entire food and beverage intake, you must log 2 weeks, 14 days. Make sure to include the dates of your entries.



## NUTRITION LOG

<b>Day/Date</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Supper</b>	<b>Snack</b>
<i>1 September 1st</i>	<i>Sesame bagel, cream cheese, orange juice</i>	<i>Granola bar</i>	<i>Turkey sandwich, with cheese. Apple, yogurt, juice box.</i>	<i>Chips, apple juice</i>	<i>Pork chops, scalloped potatoes, milk</i>	<i>Ice cream sandwich</i>
1						
2						
3						
4						
5						
6						
7						

8						
9						
10						
11						
12						
13						
14						

## SELF-ASSESSMENT AND QUESTION FOR NUTRITION LOG

Answer the following questions based on your NUTRITION LOG.

1. Based on your nutrition log, do you consider that you are someone who follows good nutrition habits? Why?

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2. Name the 4 food groups. And the recommended number of servings for your age/  

Food Group	Servings
1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____

3. In the table below, list 10 examples of each food group (they do NOT have to be from your nutrition log)

Food Group 1	Food Group 2	Food Group 3	Food Group 4
_____	_____	_____	_____
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

4. Review your NUTRITION LOG, separate all food and beverages into the 4 food groups and other.

<b>Fruits and Vegetables</b>	<b>Grain Products</b>	<b>Milk and Alternatives</b>	<b>Meat and Alternatives</b>	<b>Other</b>

5. Did you choose a variety of food from each group? Explain.

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6. Having kept track of everything you have eaten for 2 weeks, how would you consider your eating habits?

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