

## FAMILY FOOD PATTERNS

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

Keep a record for one day of your eating habits and those of two other members of your family. Record where each meal or snack was prepared and where it was eaten. Evaluate and answer the questions at the bottom of chart for each person.

Name	BREAKFAST	LUNCH	DINNER	ALL SNACKS
Person #1	Meals and Snacks Foods eaten:          Where prepared:   Where eaten:	Meals and Snacks Foods eaten:          Where prepared:   Where eaten:	Meals and Snacks Foods eaten:          Where prepared:   Where eaten:	Meals and Snacks Foods eaten:          Where prepared:   Where eaten:
Use MyPyramid and determine what food categories are missing from the total daily diet?  What does this indicated about this person's eating habits?				
Person #2	Meals and Snacks Foods eaten:          Where prepared:   Where eaten:	Meals and Snacks Foods eaten:          Where prepared:   Where eaten:	Meals and Snacks Foods eaten:          Where prepared:   Where eaten:	Meals and Snacks Foods eaten:          Where prepared:   Where eaten:
Use MyPyramid and determine what food categories are missing from the total daily diet?  What does this indicated about this person's eating habits?				

Name	BREAKFAST	LUNCH	DINNER	ALL SNACKS
Person #3	Meals and Snacks Foods eaten:      Where prepared:  Where eaten:	Meals and Snacks Foods eaten:      Where prepared:  Where eaten:	Meals and Snacks Foods eaten:      Where prepared:  Where eaten:	Meals and Snacks Foods eaten:      Where prepared:  Where eaten:
Use MyPyramid and determine what food categories are missing from the total daily diet?				
What does this indicated about this person's eating habits?				

### PERSONAL FOOD PATTERN

After completing **FAMILY FOOD PATTERNS** think about and identify elements of your personal food pattern. Complete this chart and answer the question at the bottom of the page.

Your Name	Job (School may be your job for now)	Position in the Family	Number of meals eaten <b>at</b> home	Number of meals eaten <b>away</b> from home
		Times of day food is usually eaten (including snacks)	Breakfast:  Lunch:  Dinner:  Snacks:	Breakfast: Where was it eaten?  Lunch: Where was it eaten?  Dinner: Where was it eaten?  Snacks: Where most were eaten?

Question: In one or two sentences describe **your** meal pattern. (e.g. I usually skip breakfast, eat out often, eat fast food, etc.)