

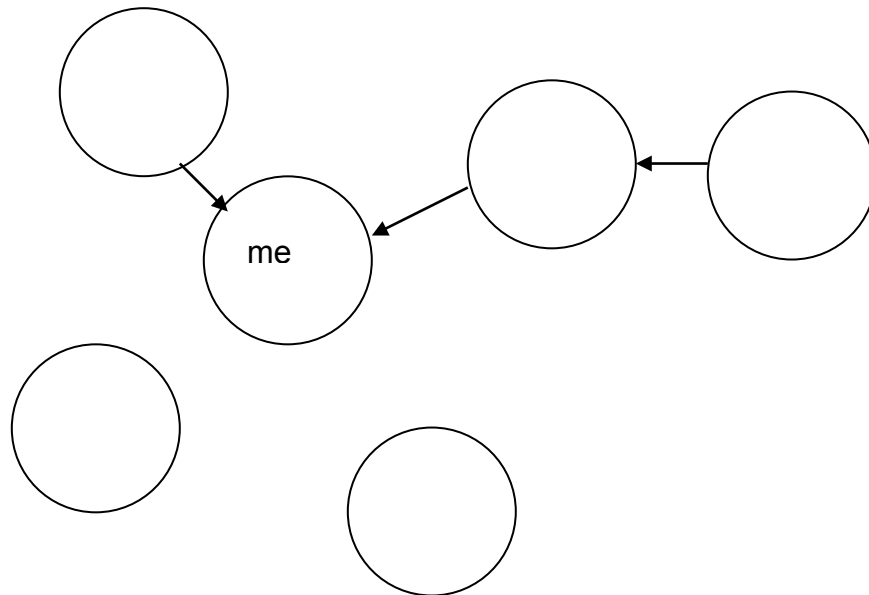
Title: Food for Thought

Introduction: Very few people ever document the types and amounts of food they eat each day. Sometimes we eat unconsciously without paying much attention to the type or amount of food we are eating. In this activity you will keep track of your diet for 2 days and then draw a food web to diagram the feeding relationships in your life.

Materials: food (you provide) notebook

Procedure:

1. Fill in the dates and anticipated meals on your food diary. You can keep all the snacks on one page for the day.
2. After two days, create a food web below with you in the center and the foods you eat connected to you by an arrow pointing at you. Add circles and arrows as needed to include all the foods you have eaten. If you have eaten a consumer, be sure to show what the consumer eats. Ex. Cow eats grass or corn.
3. Answer the analysis questions and write a summary of the things you noticed about your diet.

Data:**Food web:**

Analysis:

1. How would you categorize yourself as a consumer? Herbivore, carnivore, producer, primary consumer, secondary consumer, decomposer, scavenger?

2. If one food item was removed from the web, how critical would it be to your survival?

Why?

3. What do many of your foods have in common?

4. Which foods are best for you?

Worst?

5. What factors do you consider when you select foods?

6. If you were to change a part of this web, what would it be?

Why?