**Dietary Analysis Essay**

**Questions to Answer**

1. Paragraph #1: About Your Food Habits (Intro)

* What is your favorite food to eat?
* What do you dislike eating or try not to eat often?
* Name at least **2 examples of differences** in your eating habits on school days vs. non-school days *(for example: I eat more sugary processed foods on school days because I am in a rush. I also eat more vegetables on the weekends because I take the time to prepare them creatively).*
* How often do you eat a day?
* What do your parents encourage you to eat? Do you listen? Why or why not?

1. Paragraph #2: What did your analysis say you did well ☺ ( it will say “OK”)

* What nutrients or vitamins/minerals are you eating enough of?
* On a typical day what foods do you think you eat enough of to be healthy? (this includes drinks)

1. Paragraph #3: What did your analysis say you did poorly ☹ (it will say “over” or “under”)

* What nutrients or vitamins/minerals are you NOT eating enough of?

**\*\*\*\*EXTRA CREDIT: Look up the diseases related to a deficiency in one of those vitamins and minerals you are short on and tell me what it is.\*\*\*\***

* On a typical day what foods do you think you don’t eat enough of or eat too much of that are causing you to be unhealthy?

1. Paragraph #4: Compare the two food logs

* What are some trends of your eating habits in each food log? *(example: did you eat more sodium-heavy snack foods on the non-school days, do you get more normal meals during school days, do your weekend days just mean you will eat junk?, etc…)*
* What is your **favorite food** from **Food Log #1** and why?
* What is your **least favorite** food from **Food Log #2** and why?

1. Paragraph #5: What will you do differently (conclusion)

* What have you learned about your eating habits from your analysis? *(example: are you low in vitamins and minerals, do you eat too many refined grains, do you eat too much sugar, do you drink enough water?)*
* What could you eat as a snack when you get home from school to improve your health?
* If you were to continue eating the way you do today throughout your life, how would this possibly affect your health and WHY?
* Name **1 goal** you have now that will help you to improve your health.
* Are there people you know that could help you be healthier too? What can you do to help them?

**Name: Class Period:**

**Dietary Analysis Essay Requirements**

Objective: You will synthesize the information you have learned about proper nutrition, ChooseMyPlate.gov and the Dietary Guidelines. You have already kept a food log of 2 school days and 2 non-school days (extra credit if you did 4 school and 4 non school days). In this paper, you will analyze the food you have eaten, identify positive and negative aspects and make suggestions for change.

**REQUIREMENTS for ESSAY:**

* Must be typed
* 1” margins
* 12 pt. font
* Double-spaced
* Name/Class Period/Title at the top
* Complete sentences
* Little to no grammar/spelling errors (this is a professional essay)
* More than 1 page

**Things you will turn in for the Dietary Analysis Project:**

* Dietary Analysis Essay
* Food Logs (green paper)
* Printed “Nutrients Report” for all of the days you analyzed (minimum is 2, max is 4)
* Printed “Food Groups and Calories” report for all the days you analyzed (minimum 2, max is 4)

**Dietary Analysis Essay Grading Rubric**

Your ultimate objective with the paper is to tell me about the foods you ate, how they differed between the school days and non-school days, what you are doing well with your eating habits and explaining what things you can do differently to improve.

REQUIREMENTS: (5 points each)

* 5 pts for each chart (20 points total)
* 10 pts for food tracker filled out
* 20 points for paper
  + Spelling/Grammar = 7 pts
  + Length = 3 pts
  + Analysis = 10 pts
  + EXTRA CREDIT = 5 pts

Total: \_\_\_\_\_\_\_\_\_\_\_/ 50 points

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