**NAME: PERIOD:**

**Analyze This Diet**

Anna is a moderately active 14 year old girl. She dances 2x a week, and helps out in the garden on the weekends. This is a pretty typical day’s diet for her.

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| --- | --- | --- | --- |
| BreakfastFrosted flakesWhole milkApple juice | LunchPB&J on white breadAn orangeSprite | DinnerPork chopMashed potatoesWaterPiece of watermelon | SnacksGranola bar (during 2nd period)Goldfish crackers (at home)Mini candy bar (treat earned in 4th period)About 4 cups of water  |

1. What are some strengths in Anna’s diet?
2. What are 3 improvements Anna could make to her diet? List the improvement and the corresponding MyPlate recommendation:

EXAMPLE: Bring some bell pepper slices with hummus for a snack instead of a granola bar. **MyPlate recommends reducing added sugar foods and choosing more fruits and vegetables.**

1. Do you relate to Anna’s diet at all? Does she eat more or less than you? Does she eat similarly to how you eat? How do you think Anna might feel long term if she always ate like this? Are there any obvious minerals or vitamins or other nutrients (like fiber) that she is missing?
2. What is the goal you set on your dietary analysis? How are you doing with that goal?

**NAME: PERIOD:**

**Analyze This Diet**

Kevin is a sedentary, 15-year-old male. He loves to make Lego movies and post them on YouTube. Kevin is just barely starting to enjoy PE since discovering he is pretty good at weight lifting. He wants to get better at it. This is a typical day for him. He usually feels pretty hungry.

|  |  |  |  |
| --- | --- | --- | --- |
| BreakfastPoptarts (2) | Lunch(school lunch)Chicken nuggets (1 tray)1 bag of orange slicesChocolate milk | DinnerKraft mac-n-cheeseCarrots and ranchApple juice | SnacksLays baked potato chipsLicoriceFruit snacksAbout 5 cups of water |

1. What are some strengths in Kevin’s diet?
2. What are 3 improvements Kevin could make to his diet? List the improvement and the corresponding MyPlate recommendation:

EXAMPLE: Bring some bell pepper slices with hummus for a snack instead of a granola bar. **MyPlate recommends reducing added sugar foods and choosing more fruits and vegetables.**

1. Do you relate to Kevin’s diet at all? Does he eat more or less than you? Does he eat similarly to how you eat? How do you think Kevin might feel long term if he always ate like this? Are there any obvious minerals or vitamins or other nutrients (like fiber) that he is missing?
2. What is the goal you set on your dietary analysis? How are you doing with that goal?

**NAME: PERIOD:**

**Analyze This Diet**

Cristina is an active 13 year old girl. She just made the premier soccer team in her league and practices at least 2 hours every day, 5 days a week. She also is lactose intolerant.

|  |  |  |  |
| --- | --- | --- | --- |
| BreakfastOatmeal with almond milkFruit smoothie | LunchPeanut butter and honey sandwich on white breadCarrots & ranchBanana | DinnerCarne asada tacos (Beto’s) –3 Fruits snacks | Snacks½ gallon of waterGatorade (1)Apple |

1. What are some strengths in Cristina’s diet?
2. What are 3 improvements Cristina could make to her diet? List the improvement and the corresponding MyPlate recommendation:

EXAMPLE: Bring some bell pepper slices with hummus for a snack instead of a granola bar. **MyPlate recommends reducing added sugar foods and choosing more fruits and vegetables.**

1. Do you relate to Cristina’s diet at all? Does she eat more or less than you? Does she eat similarly to how you eat? How do you think Anna might feel long term if she always ate like this? Are there any obvious minerals or vitamins or other nutrients (like fiber) that she is missing?
2. What is the goal you set on your dietary analysis? How are you doing with that goal?

**NAME: PERIOD:**

**Analyze This Diet**

Jamal is an active 15 year old male. He is a ballroom dancer and practices for 2 hours, 3 times a week. He also likes to go to the gym 2 times a week to do weight training (he has to do a lot of lifts in dance). Jamal just hit a big growth spurt so he is hungry all the time.

|  |  |  |  |
| --- | --- | --- | --- |
| BreakfastEggo waffles (3)SyrupOrange juice | LunchSchool pizza (1 slice)Orange (1)Apple slices (1 bag)Chocolate milk | DinnerChicken alfredoGreen beansRoot beerApple | SnacksDoritos- 1 bagHot pocketBananaGatorade5 cups water |

1. What are some strengths in Jamal’s diet?
2. What are 3 improvements Jamal could make to his diet? List the improvement and the corresponding MyPlate recommendation:

EXAMPLE: Bring some bell pepper slices with hummus for a snack instead of a granola bar. **MyPlate recommends reducing added sugar foods and choosing more fruits and vegetables.**

1. Do you relate to Jamal’s diet at all? Does he eat more or less than you? Does he eat similarly to how you eat? How do you think Jamal might feel long term if he always ate like this? Are there any obvious minerals or vitamins or other nutrients (like fiber) that he is missing?
2. What is the goal you set on your dietary analysis? How are you doing with that goal?