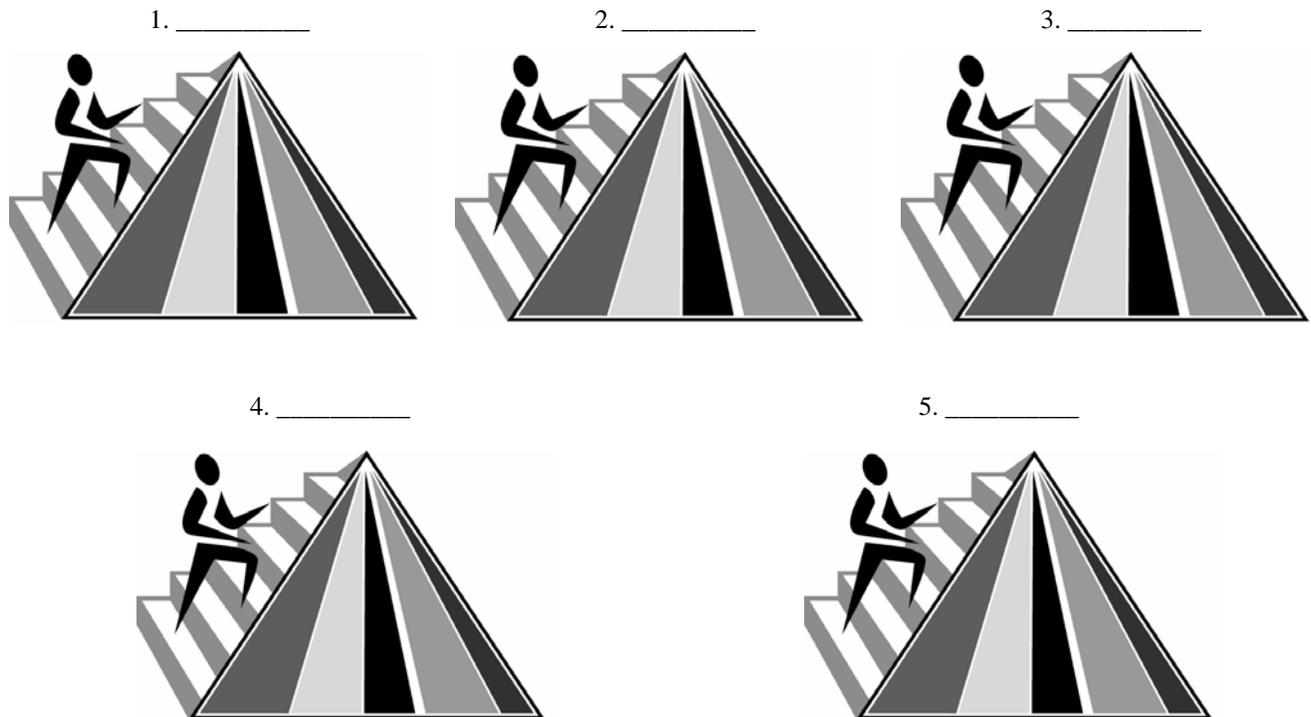


ANALYSIS OF BASIC NUTRIENTS IN BREAKFAST MENU

This form may be used to evaluate the student's BREAKFAST DIARY. This worksheet is for 5 days.

Name _____ Period ____ Assign #

Directions: Indicate beside each pyramid the food items from menu. Mark on the pyramid where that food fits. (This could be color coded.) Using math skills figure if you are getting at least 1/4 of your day's servings at breakfast. Answer questions at bottom of page.



Questions:

1. Does the breakfast menu you planned provide 1/4 of the foods recommended by MyPyramid?
2. Did you incorporate some whole grains into your breakfast(s)?
3. Which groups were not represented in your breakfast(s)?
4. Working individually or with a partner answer the following:
 - a. Four positive areas about your eating habits.
 - b. Four negative areas about your eating habits.
 - c. List four ways you can improve.