

Food Journal

Directions:

For this project you will keep track of the foods you eat and research their nutritional value.

1. Keep track of the foods you eat each day for at least three days on the table provided on the next page. Be as specific as you can. If you need more space, draw your own table on the back of the page or ask you teacher for an additional copy.
2. When recording the food be sure to include all of the items you eat. For instance, instead of writing “turkey sandwich”, write, “two pieces of wheat bread, three slices of roasted turkey, one slice of cheddar cheese, one piece of iceberg lettuce, half of a roma tomato, a tablespoon of mustard.”
3. At the end of each day, research the nutritional values associated with each food you ate.
5. After finishing the three-day tracking period, write two to three paragraphs about what the process taught you and how you could improve your nutrition.
6. You will be required to turn in the three the filled-out food list, the found nutritional information for the foods you consumed and the written paragraphs.

