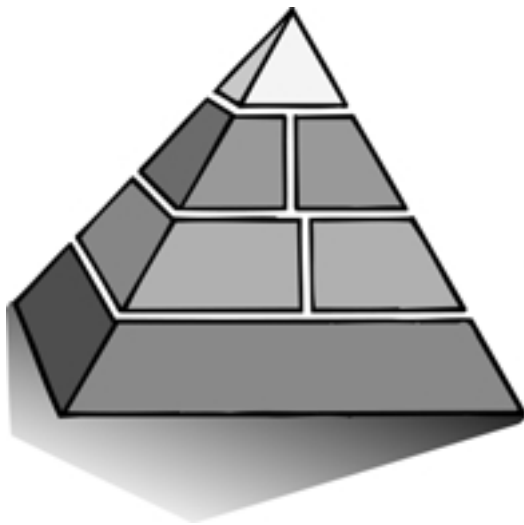


Charting What You Eat

WHAT YOU NEED



**Food Guide
Pyramid**

The Food Guide Pyramid is found on page D50 of the Student Edition.



pencil

Find Out

Do this activity to see how well you eat and how different foods make you feel.

Process Skills

Classifying
Communicating
Observing
Interpreting Data

Time

- 10 minutes every day for a week
- 1 hour at the end of the week



WHAT TO DO

1. Make a chart like the one shown.
2. Use the groups of the Food Guide Pyramid to **classify** the foods you eat. Some foods will fit more than one group.
3. **Write** what each food can do for your body.

4. **Observe** how each meal makes you feel.
5. At the end of the week, **interpret your data**.
6. Decide how well you ate by using the Food Guide Pyramid.



Date/Time	
Meal/Snack Description	
Food Groups	
Tell what each food can do for your body.	
Record how you feel.	

Student data will vary. Students will need to make enough charts to record what they eat for one week.

Conclusions

1. How did different foods make you feel?

Answers will vary based on students' experiences.

2. Do you have a balanced diet?

Answers will vary based on students' experiences.

New Questions

1. How might you eat better?

Answers will vary. Possible answers include using the Food Guide Pyramid to

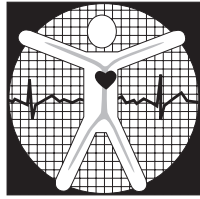
plan balanced meals and avoiding foods that have a lot of fats, oils, and sweets.

2. Write a new question you have about nutrition.

Accept all questions.



Name _____



ACTIVITY

Making a Balanced Meal

Plan three meals that use all of the food groups.

Draw the meals. **Label** the food groups.



Student drawings will vary, but the meals should contain at least one representative of each food group.

Activity Journal

Lesson 1 • The Food Guide Pyramid

Name _____

What Happened

① In which food group is your favorite food?

Answers will vary based on student preferences.

② Which new foods did you include?

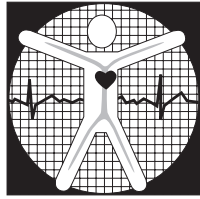
Answers will vary based on students' experiences.

What If

What could you do if you think that your diet is not healthful?

Accept all reasonable answers.

Name _____



ACTIVITY

Learning About Foods

Look at nutrition information. **Write** what you find.

Kind of Food	Serving Size	Calories per Serving	Vitamins	Calcium
HEALTHFUL CEREAL				
SUGARED CEREAL				
SOUP				
CUPCAKE				

Data will vary based on the food products selected.

Activity Journal

Lesson 2 • How Your Body Uses Food

Name _____

What Happened

① Which food has the most Calories per serving?

Answers will vary depending on the labels used.

② Which food do you think is best for your body?
Why?

Answers will vary. Students should be able to support their answers with

information from the nutrition labels.

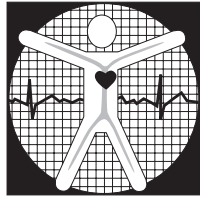
What If

Are most serving sizes we eat the same as shown on the labels? Do we eat bigger or smaller serving sizes?

Answers will vary. Most students will say that we eat larger serving sizes than

the suggested serving sizes on labels.

Name _____



ACTIVITY

Recording Water Intake

Record how much water you drink.

	When?	Where?	How Much?	Exercise?	How Hot?
Drink of Water					
Drink of Water					
Drink of Water					
Drink of Water					
Drink of Water					

Students should fill in all of the information on the chart. The information will vary.

Activity Journal

Lesson 3 • Why You Need Water

Name _____

What Happened

① How many times did you get a drink of water each day?

Answers will vary based on students' experiences.

② How much did you usually drink each time?

Answers will vary based on students' experiences.

What If

When do you need to drink more water?

Possible answers include when the weather is hot and when exercising.
