

Food Journal Exercise Key

Purpose

To keep a 1-day dietary intake journal and self assess dietary intake pattern and eating behavior.

Overview

This exercise will require students not to change their usual eating pattern while recording everything they eat and drink for 1 day. This will enable students to evaluate the nutrient composition of their diet, as well as their dietary intake and behavior within the context of current dietary recommendations.

Time

A 15-30 minute session to distribute the Food Journal Exercise and a 30-60 minute session for an in-class discussion on completion of the exercise will be needed.

Key Concepts

Dietary intake and food preparation practices are important to overall health and nutritional status. Both are modifiable risk factors for many of the acute (e.g., food poisoning) and chronic (e.g., heart disease) diseases and conditions many Americans become sick with on a daily basis.

Skills

This entire exercise can help with creative writing as well as enhance students' critical reading, math, and analytical skills. It is also useful in demonstrating that science is a well rounded discipline that has, in addition to its logical and factual aspects, a subjective and creative aspect too. Finally, the importance of being able to communicate well, both orally and in-writing, should be stressed to students.

Materials

The attached template (form), may be used as journals by students to record their diet related information. Alternately, students may design their own form provided it includes all the information-categories that are included on the attached template.

Procedure

1. Ask students to record everything they eat and drink for 1 day, as previously defined, on the attached templates (Day 1), or any other form designated for this purpose. For example, students may record everything eaten and drunk (including water) from 12:01 AM on Thursday through 12:00 PM on Friday or from 12:01 AM on Sunday through 12:00 PM on Monday.
2. Inform students that for each food, condiment, and drink consumed, the brand and method of preparation should be recorded on the journal pages (e.g., 1 slice of whole wheat bread; 1 cup of cooked frozen broccoli spears; 1 cup Delmonte canned corn; 1 slice of white toast with 2 tsp butter and 1 tbs honey; 1 cup Publix corn flakes or 8 ounces of Publix whole milk). It is important that recorded measurements of foods & beverages consumed are as accurate as possible. .

- Step 3: Instruct students to use the World Wide Web to analyze (get information about nutrient composition and energy) the food items they recorded. Students should be reminded that it is easier to input and analyze the foods recorded in their journal and the results are more accurate if they keep careful, detailed and accurate records of their intakes.

Diet Analysis

Use the following websites listed below as well as the Food Guide Pyramid provided to perform the nutrient analysis and categorization of the foods and beverages consumed for the 1-day period:

Food analysis tool: www.foodcount.com
Fast food analysis tool: <http://www.fatcalories.com/>
Food analysis tool: <http://www.nat.uiuc.edu/mainnat.html>

Additional Activities

Have students perform the food journal and answer the questions for 3-5 days.

Extension Activities

Eating Disorders

Each year millions of people in the United States are affected by serious and sometimes life-threatening eating disorders. The vast majority--more than 90 percent--of those afflicted with eating disorders are adolescent and young adult women. One reason that women in this age group are particularly vulnerable to eating disorders is their tendency to go on strict diets to achieve an "ideal" figure. Researchers have found that such stringent dieting can play a key role in triggering eating disorders.

Approximately 1 percent of adolescent girls develop anorexia nervosa, a dangerous condition in which they can literally starve themselves to death. Another 2 to 3 percent of young women develop bulimia nervosa, a destructive pattern of excessive overeating followed by vomiting or other "purging" behaviors to control their weight. These eating disorders also occur in men and older women, but much less frequently.

Encourage students to research the following eating disorders: Anorexia, Bulimia, and Binge Eating Disorder. Ask students to: compare the disorders (their similarities and differences); identify some ways to identify people at risk; suggest methods of prevention.

Teachers: Refer to primer for information on disorders.

Student Assessment

Give the following writing components to each student as a guide to their food journal outputs:

- ❖ Students identify serving sizes of various foods
- ❖ Review the nutrition label on food packages
- ❖ Record as much detail as possible

Assign points for the following components of the intake journal products:

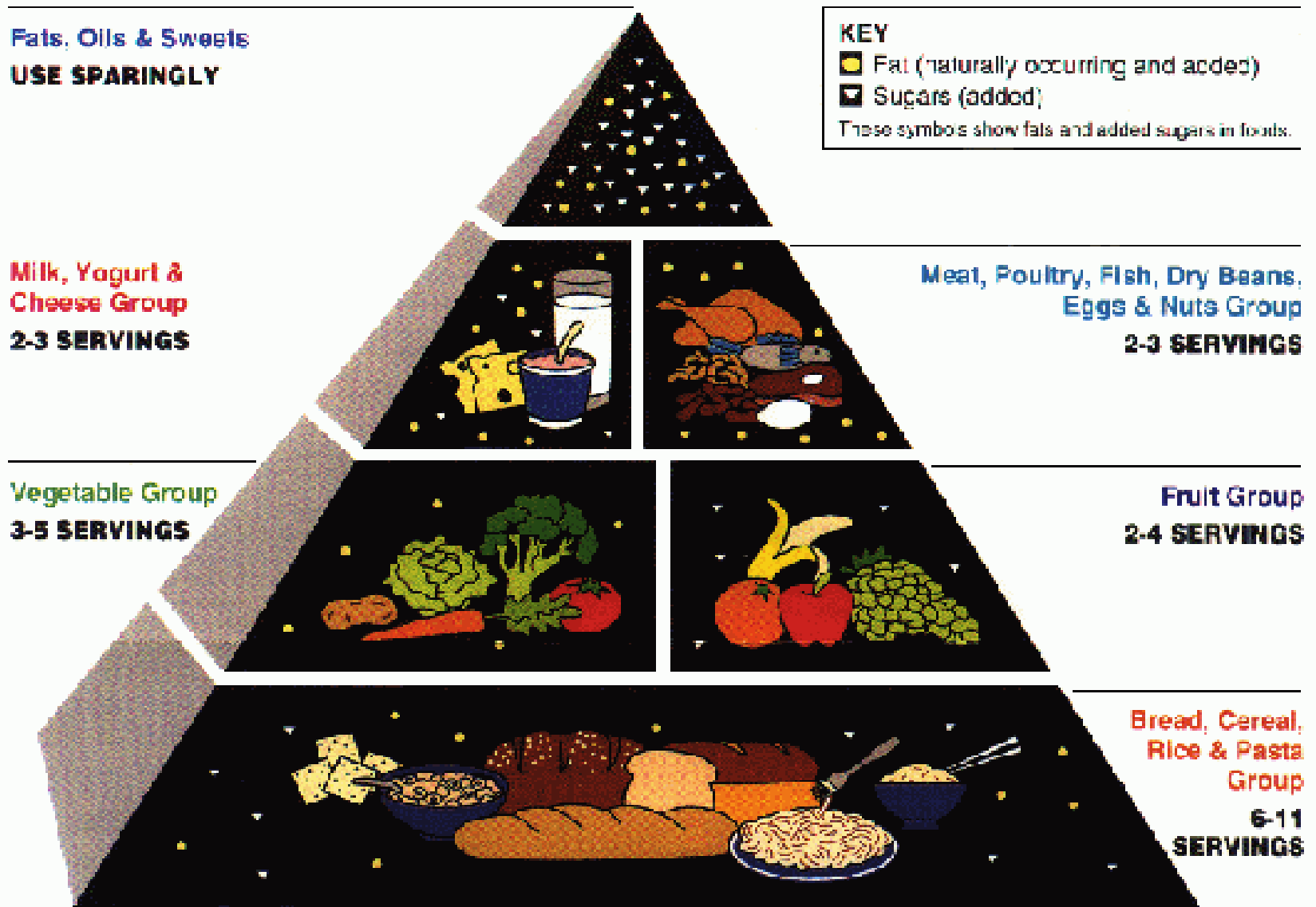
- ❖ Students complete a diet recall to identify their percentage of fat, protein, and carbohydrate.
- ❖ Serving sizes were recorded
- ❖ Students correctly calculate total calories and nutrients for each worksheet
- ❖ Students demonstrate a clear understanding of serving sizes and the food pyramid daily recommendations
- ❖ Students filled in comments area demonstrating personal reflection

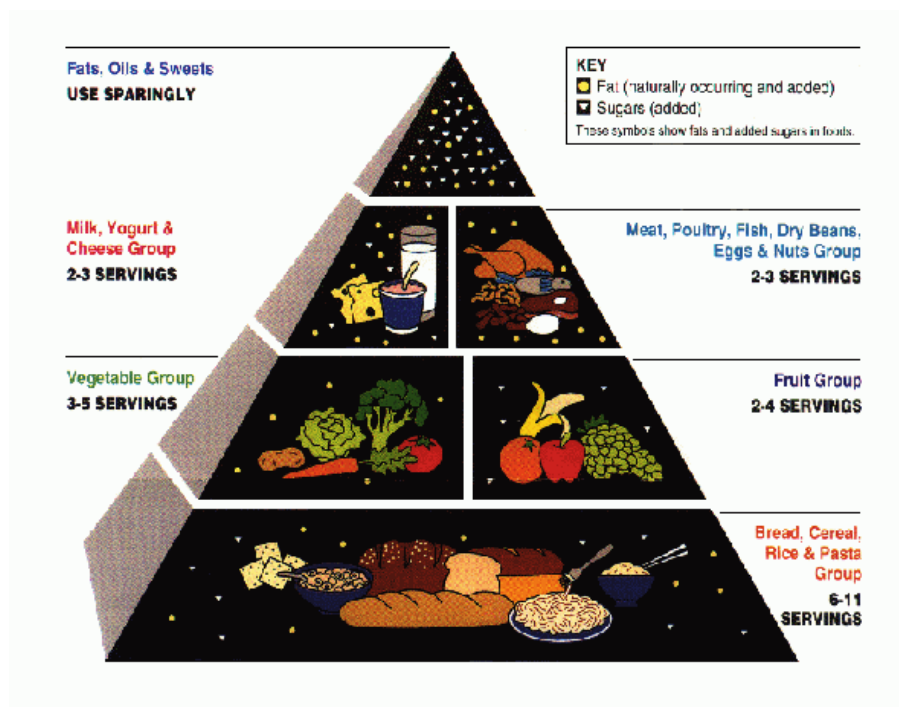
Sample Day

Date: Thursday, January 31, 2001 Place: Miami, Florida			<u>Today's Intake was:</u> <input type="radio"/> More than usual <input type="radio"/> About the same as usual <input type="radio"/> Less than usual						
Time	Food item(s)	Food group(s)	Number of servings	Carbohydrates (g)	Fat (g)	Protein (g)	Total Calories	Hazards	Personal Comments, feelings, level of hunger, or significance of food item:
8;10 AM	1 cup Publix Corn Flakes 1 cup Low-fat milk	Bread and Cereal Milk	1 1						
				TOTAL Carbohydrates	TOTAL Fat	TOTAL Protein	TOTAL CALORIES		

Day 1

Date:		Today's Intake was: <input type="radio"/> More than usual <input type="radio"/> About the same as usual <input type="radio"/> Less than usual								
Place:										
Time	Food item(s)	Food group(s)	Number of servings	Carbohydrates (g)	Fat (g)	Protein (g)	Total Calories	Hazards	Personal Comments, feelings, level of hunger, or significance of food item:	
				TOTAL Carbohydrates	TOTAL Fat	TOTAL Protein	TOTAL CALORIES			





Questions to ponder:

What does the term “junk food” mean to you?

Look up and record the standard working definition of junk food? **any food that is very low in vitamins and minerals and excessively high in fat and empty calories.**

Do you think most people, including yourself, know which foods are considered to be junk foods?

What are some reasons you think people eat junk food?

Would your diet be different if you recorded your dietary intake for one week day vs one weekend day? If yes, why?

Based on the analysis of your diet for 1 day, are you satisfied that you are providing your body with the correct amounts of nutrients you need stay healthy? Please justify your answer.

Based on the analysis of your diet for the 3 days, are you satisfied that you are providing your body with the correct amounts of nutrients you need stay healthy? Please justify your answer.

In the table below, please list the changes that you need to make to your diet:

Foods to be added and why	Foods to be eliminated and why

Follow up Questions:

What percentage of your energy (calories) was supplied by fat?

What is the current dietary recommendation for the percentage of energy fat should supply. **fat intake should be between 15 and 30% of a person's daily calories. Not everyone's caloric needs are the same, but assuming someone's needs at 2000 calories per day, 300 to 600 calories could come from fat.**

How many calories came from your diet?

Looking at your diet journal, do you observe any relationship between your feelings recorded at the times you ate and the type of foods consumed?

What are some of the psychological factors that influence the way people eat (their dietary patterns)?

Which of these factors are important to your dietary pattern?

Would you describe your dietary intake on the day you kept the diet record as typical of your usual intake? Please explain?