

Healthy Eating Assignment Planning 10

PART ONE

Your challenge: For 3 days, you are to record everything that you eat and drink AND all your physical activities on the charts provided.

Purpose: This challenge is intended to provide you with the information needed to evaluate your eating and exercise habits.

How To:

Every time you eat or drink something, record the date and time beside what it is you ate in your Eating Log.

In the 'details' column, record any details that may make it easier for you to calculate the number of calories it contains. Details may include the amount, whether it was homemade or from a box, what brand it was, any condiments that were added to it, whether or not it was considered fat free or not, etc.

You DO NOT need to calculate the servings or calories. Leave those columns blank. I will help you with this later on in PART TWO.

Every time you engage in some physical activity record the type and duration of the exercise in your Exercise Log.

For each physical activity you do, record the date, a description, whether it develops endurance (E), strength (S), and/or flexibility (F), and the number of minutes you participated in continuous activity.

PLEASE NOTE: Your record keeping will be marked for COMPLETION ONLY. I WILL NOT BE JUDGING WHAT YOU EAT or HOW MUCH YOU EXERCISE. Please continue to eat and exercise as you normally do. This project is designed to assess your REGULAR eating/exercise habits and is for your information only.

Due Date for PART ONE: _____

PART TWO

Your challenge: Using the Canadian Food Guide and the internet, calculate your daily calorie intake + number/type of food servings. Reflect on your findings.

Purpose: This challenge is intended to make you think about what you eat, and to allow you to see whether or not you are consuming an appropriate amount of calories from all four food groups for your body and lifestyle.

How To:

Step 1: Read the information page on "[Calories](#)".

Step 2: Use the internet to find the approximate number of calories in each of the items you consumed during the three day recording period. Try <http://caloriecount.about.com>. Add up your daily totals.

(Write answers down in word document for the next steps, staple to your other sections)

Step 3: Next, use the internet to find out how many calories you need to maintain a healthy weight based on your age, height, weight and the amount you exercise. Try http://www.freedieting.com/tools/calorie_calculator.htm. Record your findings.

Step 4: Use Canada's Food Guide to find out what the recommended suggested servings for your gender and age. Go to www.healthcanada.gc.ca/foodguide. Click on "Food Guide Basics." Click on "How much food you need everyday" under Quick Links. Record the number of servings you need from each food group.

Step 5: In one or two pages, reflect on the following questions...

- a) Is your calorie intake is below, above or exactly what it should be? Are you eating more food on the days that you are more active? What have you discovered?
- b) Compare your 3-day eating habits to the Canadian Food Guide. Did you meet the Food Guide expectations for number and type of servings? If not, in which food groups are you deficient? Does your diet support a healthy lifestyle? What have you discovered?
- c) It is expected that students will engage in AT LEAST 150 minutes per week of moderate to vigorous physical activity in addition to PE 10. Reflect on your current level of physical activity. Does your physical activity support a healthy lifestyle?

PART THREE:

Your challenge: To create a eating and exercise plan that will maintain and/or improve your health!

Purpose: This challenge is intended to help you set realistic goals for maintaining a healthy lifestyle through balancing eating and exercise. Hopefully you will discover that you can eat almost anything as long as you eat in moderation and exercise to maintain a healthy body!

How To:

Go to www.healthcanada.gc.ca/foodguide. Click on "Create My Food Guide". Follow the step-by-step instructions. "My Food Guide" is an interactive tool that will help you personalize the information you've found in the guide. By entering personal information such as age and gender, selecting various items from the four food groups and choosing different types of physical activities, you will create a helpful, customized food guide just for you. Print the results of your personal "Food Guide" and attach a copy to this project and save to your email.

PROJECT EVALUATION:

PART ONE:

Three days of food and beverages are recorded = 5 marks
All physical activity is recorded = 5 marks

PART TWO:

Calories are calculated (step 2) = 10 marks
Caloric requirements identified (step 3) = 5 marks
Food Guide recommended servings (step 4) = 5 marks
Reflection (step 5) = 10 marks

PART THREE:

Eating & Exercise Plan = 5 marks

TOTAL = 45 MARKS

