

Obesity Unit: Food Log Project

(30 points—20 for chart, 10 for written portion)

Objective: Students will see the amount of food (and calories) taken in at a set amount of time and analyze what and how often they eat.

Rationale: Sometimes, people are not aware of what and how much they eat.

For the next **72 hours** (that's three full days), write down **EVERYTHING YOU EAT, DRINK, and CHEW** (gum, suckers, hard candy included). Make it look like a graphic organizer in which you monitor the time you consume, the amount you consume, and specific things that you ate. For example, don't just say sandwich. Was it on white bread? Was there mayonnaise in it? Vegetables? Meat? Cheese? If you're really on it, track down the number of calories you ate, too (and other information, such as sodium content, cholesterol, and dietary fiber). When the 72 hours are over, write an evaluation (see attached) in which you talk about your eating patterns and make suggestions on how you can improve your diet. Length: about a page, typed, titled, double-spaced, one inch margins. Be honest and complete with this project. You will not be graded on *what* you eat, just how you log it down.

For example...

Ms. Oshita's food diary: from 9/9/08, 7:30am-9/11/08, 7:30 am

Date, time	Amount, serving	Food/drink consumed	Estimated # calories
9/9, 7:30am	10 oz., 1 ½ cups 1 piece	Fat free milk, Honey bunches of oats, with almonds Banana (medium)	110 250 90
9/9, 10am	1 large	Fuji apple	100
9/9, 11:30am	1 piece	Starburst	20 calories
9/9, 12:45pm	2 slices 1 tsp. 6 slices 2 leaves 17 pieces 10 pieces	Whole wheat bread Mayonnaise Deli turkey (thin sliced) Manoa lettuce Shrimp chips Peanut M&M's	220 100 50 0 80 103

Teacher directions and notes:

1. Make a handout that shows what you expect from them and what the chart should include.
2. Go over directions about what happens during those three days. Point out everything that enters their mouth should be recorded (chewing gum, breath mints, a bite from a friend's sandwich, etc.).
3. It is helpful for the teacher to go over some common foods and its calories AND portion and serving size. Bring in samples, if available. Perhaps it may be helpful to do the label reading exercise first.
4. If you want, you can get some students to share their findings. Some may have similar eating habits.

5. Project should be due a couple of days after the three days of charting. Optional to have computer generated chart (though highly recommended). Details on the chart are welcomed! I tend to give more points when students are specific.

Helpful websites:

Portion size guidelines: <http://www.dhss.mo.gov/diabetes/portionsizeguidelines.pdf>

Nutritional guidelines (includes information about calories, fat and cholesterol):

<http://whatscookingamerica.net/NutritionalChart.htm>

Pyramid food group guidelines:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>

“How much is a serving?”:

<http://www.vdh.state.va.us/news/PressKits/HealthyVirginians/Lunch%20Well%20portions.pdf>

Food dietary guidelines (pyramid): <http://www.health.gov/dietaryguidelines/dga2000/usingdietguide.pdf>

Food calculator: <http://www.wolframalpha.com/examples/>

Food Log Project Written Evaluation

Format: Typed, one-inch margins all sides, double spaced, paragraphs, titled after your name, date, and period number in the upper right hand corner (which should be single-spaced).

To do:

1. Looking at the food log you've just created, look for any patterns or eating habits you do. For example, do you tend to eat more at night? Do you skip breakfast? Do you eat a lot of fast food? Do you snack a lot? Do you drink a lot of soda or juices? Do you drink enough water? Are your portion sizes really large? Do you eat fruits and vegetables?
2. Now, organize your thoughts into paragraphs. First, introduce what the project was about. Next, talk about your eating practices (see #1). You may need to organize this even further. Then, looking at your log, make some healthy resolutions. Are you going to try and drink more water and milk? Plan to eat breakfast everyday? How about eating five servings of fruits and vegetables everyday?

National Healthcare Foundation Standards and Accountability Criteria:

- 1.3 Medical Mathematics
- 2.1 Concepts of Effective Communication
- 2.3 Written Communication Skills
- 9.1 Healthy Behaviors
- 11.1 Health Information Management