**Lesson 5 (1 day) – Food Log Analysis**

**California Health 7/8 Standards –**

* **1.6N Analyze the caloric and nutritional value of foods and beverages**
* **1.11N Analyze the cognitive and physical benefits of eating breakfast daily**
* **1.14N Identify ways to increase daily physical activity**
* **2.2N Evaluate internal and external influences on food choices**
* **6.1N Make a personal plan for improving one’s nutrition and incorporating physical activity into daily routines**
* **6.2N Set a goal to increase daily physical activity**
* **8.3N Encourage peers to eat healthy foods and to be physically active.**

**Objective - Students will analyze their own dietary habits and physical activity for the previous seven days, and create a goal to improve their nutrition and physical activity.**

**Anticipatory Set-** Students will be asked to brainstorm from memory if they believe they ate a healthy diet for the last week and why.

**Activity** -Students had been given a food log previously, to document what they eat for one week, their mood when they eat, and any exercise.

* Students will examine, analyze and label the food items according to what group it mostly belongs: G – grain group (bread, pasta, etc.), V- vegetable, F – fruit, D – dairy (milk, cheese, yogurt), MB – meat and beans (dried beans, poultry, meat, eggs, and fish), and J – junk food (food that has little or no nutritional value and/or is high in fat, sugar, and salt).
* Also, label items as “N” natural or “P” processed/prepackaged food.
* Students will identify what percentage of their foods was natural versus processed/packaged.
* Students will determine their level of physical activity level was for the 7 days.
* Students will analyze their own food log and answer the following questions (being prepared to discuss with a partner)–

1. Do you think you ate a healthy diet – one that will help you grow and have energy?
2. Do you think you ate a natural diet?
3. Do you think you ate an earth friendly diet – one that did not contribute to pollution?
4. Did you eat breakfast daily? How did if you at breakfast daily or not contribute to your mood and what you ate for lunch?
5. How do you feel about your eating habits? Why?
6. Do you think you will make any changes in your diet? Why?

* Students will pair up with another student and discuss/compare findings of their food logs. The following questions will be discussed with a partner –
  + Do you think you ate a healthy diet – one that will help you grow and have energy?
  + Do you think you ate a natural diet?
  + Do you think you ate an earth friendly diet – one that did not contribute to pollution?
  + Did you eat breakfast daily? How did if you at breakfast daily or not contribute to your mood and what you ate for lunch?
  + How do you feel about your eating habits?
  + What are the differences in our diets? What do you attribute the differences?
  + What are the differences in your physical activity level? What do you attribute the differences?
  + Do you think you will make any changes in your diet? Why? How?
* (If students express discomfort in discussing this with a partner, they can write their reflections).

**Assessment –** Write a goal to improve one aspect of your daily nutrition/food intake, as well write a goal regarding their physical activity level.