

## Diet Project

1. Before you begin, write a brief summary of how healthy you believe your eating habits to be. (1)
2. For one week, record everything you eat. Make sure to note details such as the time, the specific food, and the approximate amount. This will be handed in with your project. (2)
3. At the end of the week, organize your records into a chart such as the one below. Leave enough space in each block to record the approximate number of servings in each category. You can change the order of the days if you like to match when you start your project. Use Canada's Food Guide ([http://www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/view\\_eatwell\\_vue\\_bienmang-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf)) to help you determine serving sizes. For the categories, "High Fats," "High Proteins," and "High Carbs," simply indicate whether the food you ate that day was high in each of those categories. In the last category, indicate whether the food you ate that day met the guidelines of the Canada Food Guide. (15)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meat and Alternates							
Fruits and Vegetables							
Grains							
Milk products							
Misc							
Junk Food							
High in Fats?							
High in Proteins?							
High in Carbs?							
Met Food Guide?							

After you've collected the data and completed the chart, answer the following questions: (10)

4. Discuss any patterns in your eating habits. For example, did you eat differently on weekends, or did you eat differently on days that you had to work?
5. Did you make any startling discoveries about your eating habits?
6. Did your eating habits match your original prediction?
7. Describe any changes you will make to your diet as a result of this exercise.
8. What are some possible long term effects of continuing to eat the way you do?
9. Considering the types of foods you eat and where they come from, what are the environmental effects of eating the way you do?