

Food and Reflective Journal #1

Submit Assignment


Due Sunday by 11:59pm **Points** 10 **Submitting** a file upload (Turnitin enabled)

Available Apr 1 at 12am - May 13 at 11:59pm about 1 month

While you are enrolled in Personal Nutrition, record what you eat for at least 3 days of the week. You must include at least one weekend day. After completing the lesson plans for that week, write a reflection about what you learned and how you can apply this knowledge to improve your own eating patterns. I will provide questions and prompts for your journal, however, do not feel that you are bound to these questions. Please do not simply respond to these prompts; really think about your food intake. Be very specific about what you can change. **Your grade will be based on whether or not you demonstrated thoughtful effort in keeping your food diary and reflecting on changes.**

Journal #1 will be submitted for a grade on April 21st, and will include food records and reflections from Week 1, Week 2 and Week 3 of the course (totaling to at least 9 days of food records, and 3 journal entries).

- Week 1: 3 days of food records + 1 journal entry that includes reflection of lessons 1 + 2 (complete by 4/7)
- Week 2: 3 days of food records + 1 journal entry that includes reflection of lessons 3 + 4 (complete by 4/14)
- Week 3: 3 days of food records + 1 journal entry that includes reflection of lessons 5 + 6 (complete by 4/21)

Please upload a word document with your journal reflections and include the date for each, and utilize the [food record template](#)  provided. See below for journal entry prompts for week 1, week 2 and week 3.

Week 1: Nutrition Basics + Dietary Reference Intakes

Discuss your food diary entries and reflect upon your food choices from the week. Consider the following questions. You do not have to answer all of these questions, instead use them as a guide to reflect upon the lessons from this week and your food diary entries.

- There are a variety of factors that influence our food choices. Discuss how some of these factors influenced your food choices this week. Reference your food diary and the lesson material.
- It is important to understand the concepts of balance, variety and moderation. Reflect upon what these terms mean and whether your intake is representative of the definitions. No need to calculate exact calories, instead look at your food consumption as a whole.
 - Reflect upon the times of each of your meals.
 - Do you have a variety of food items in each meal?
 - Are serving sizes leaving you feeling “stuffed” after a meal?

Week 2: Food Labels + Dietary Guidelines for Americans

Discuss your food diary entries and reflect upon your food choices from the week. Consider the following questions. You do not have to answer all of these questions, instead use them as a guide to reflect upon the lessons from this week and your food diary entries.

- Have you ever considered the information included on packaged food labels? What information are you most likely to look for? Are you attracted to certain foods based on how they are labeled?
- Discuss how the upcoming changes to the Nutrition Facts Label may change your food choices. Consider your food diary entries from this week, as well.
- Consider your food diary entries (from this week and last) and compare them to the five key recommendations from the Dietary Guidelines for Americans.

Week 3: MyPlate + Carbohydrates

*Notice the food diary template asks you to fill in food groups for each food item and whether or not the food include solid fats or added sugars. (This entry is slight different than week 1 and week 2).

Discuss your food diary entries and reflect upon your food choices from the week. Consider the following questions. You do not have to answer all of these questions, instead use them as a guide to reflect upon the lessons from this week and your food diary entries.

- Lesson 5 discusses MyPlate and the 5 main food groups- are all the food groups represented in your food diary? Color-code or sort your food entries by food group. Are there certain foods you are consuming too much of or not enough? Explain.
- Do any of your food entries include foods with solid fats or added sugars? Discuss why alternative food items may benefit a healthful lifestyle.
- Discuss which foods from your food diary contain carbohydrates.

Food and Reflective Journal		
Criteria	Ratings	Pts
Food Log Completed 3 food logs (1 per week) with the specific details outlined in the template for each week.		3.0 pts
Food Log Included at least 1 weekend day in each log		1.0 pts
Reflective Journal Completed 3 reflections - 1 per week		3.0 pts
Reflective Journal Included detail from lesson material and provided specific examples		3.0 pts
		Total Points: 10.0