

NAME:

GRAD TRANSITIONS ASSIGNMENT 3:

HEALTHY EATING

1. Record everything you eat and drink, including snacks, for 3 days using the chart below. Be specific in the size/serving of the food and beverage items. (See example).

DAILY MENU RECORD				
MEALS	EXAMPLE	DAY 1	DAY 2	DAY 3
BREAKFAST	2 slices of toast with peanut butter & jam 1 glass of 2% milk			
LUNCH	1 large fries 1 pop 1 hot dog			
DINNER	1 bowl of rice 1 piece of chicken ½ cup carrots & peas 1 glass of juice			
SNACKS	1 bag of chips 1 chocolate bar 1 apple			

3. Do some research on HEALTHY EATING.

- ✓ You can do this through an internet search by typing in phrases into your browser or search engine such as “Healthy Eating”, “Canada Food Guide”, “Healthy Living”, “Heart Smart”, etc.
- ✓ You can get information from health professionals and offices such as the hospital, doctor’s office, public health, etc.
- ✓ You can discuss this with your parents, friends, teachers, etc.

4. Now that you have completed the research, what *GOOD CHOICES* did you make about the food that you ate and drank, including snacks, for the 3 days?

5. What *POOR CHOICES* did you make and what could you substitute that would be healthier?

POOR CHOICE	HEALTHIER SUBSTITUTE or ALTERNATIVE

6. Now that you have learned about healthy eating and have had the opportunity to look at the choices you made as well as the choices you should make, CREATE a 3 day meal plan, including snacks, for 3 days using the chart below:

Be specific in the size/serving of the food and beverage items. Be sure to include some variety!

MEALS	DAY 1	DAY 2	DAY 3
BREAKFAST			
LUNCH			
DINNER			
SNACKS			