

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).

<b>DAILY MENU RECORD</b>				
<b>MEALS</b>	<b>EXAMPLE</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
<b>BREAKFAST</b>	2 slices of toast with peanut butter & jam  1 glass of 2% milk			
<b>LUNCH</b>	1 large fries  1 pop  1 hot dog			
<b>DINNER</b>	1 bowl of rice  1 piece of chicken  ½ cup carrots & peas  1 glass of juice			
<b>SNACKS</b>	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!**

<b>MEALS</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
<b>BREAKFAST</b>			
<b>LUNCH</b>			
<b>DINNER</b>			
<b>SNACKS</b>			