

NUTRITION JOURNAL

6th Grade

NAME _____

Due date: _____

10% less if turned in after due date

Learning Target: Record all foods and liquids consumed in one day.

Step 1: Log onto www.focusedfitness.org

A) Click LOGIN

B) This will open a second login at the top. Log in just as you would on a school computer.

Step 2: Click on BEHAVIOR LOGS

Step 3: To enter the foods you eat, you will click on the green + sign

Step 4: Select the day of the month, the foods you eat, the serving size, the quantity measured in cups or ounces and the time of day.

Step 5: SAVE entry. You will have to repeat this for each item that you have entered. Select the time of the meal to differentiate breakfast, lunch and dinner.

NOTE: If you want to delete a food item click on the red X, if you want to edit your food item because you put in the wrong time of day or amount click on the pencil.

Step 6: Print this page after entering all foods and beverages. *Uncheck the oils category before printing.* Make sure to be on the last day that you entered food choices, then place the cursor on the middle of the page, right click, then select PRINT PAGE.

Record one day of food to the My Meal Chart on the back of this sheet.

Color in each "O" or "U" for every ounce or cup (respectively) consumed.

If recording less than a full amount, only color in that percentage.

So, a half ounce or cup would only be colored half full.

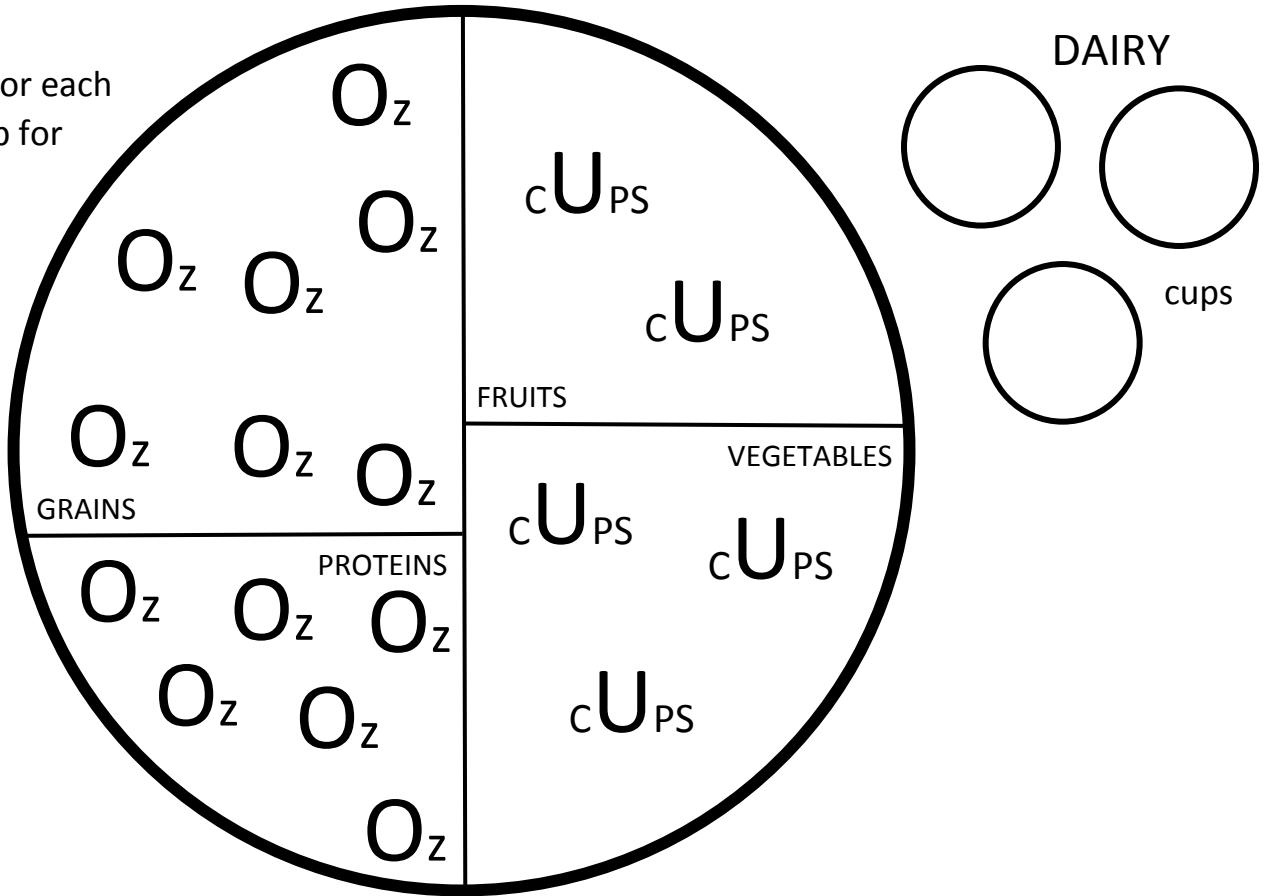
Attach answers to Reflection Questions. Paragraphs must have topic sentences, supporting details, and a conclusion.

Question #1: Defend your choice of the best Food Group represented in your day of logging. Going over isn't necessarily the best.

Question #2: Design a plan to improve your worst Food Group.

My Meal Chart

Amounts for each food group for the day.



PROJECT CHECKLIST

Completed Nutrition Log (5 pts/day)	points		
○ Date	10	Reflections	points
○ Time	10	○ Topic sentence (Second paragraph)	5
○ Food	10	○ Details, evidence, data, rationale	5
○ Serving Size	10	○ Conclusion	5
○ Amount	10	○ Spelling / Grammar	5
My Meal Chart		Presentation	
○ Amounts agree with report	5	○ Stapled	3
Reflections		○ Cover	1
○ Topic sentence (First paragraph)	5	○ No folds/wrinkles/stains	1
○ Details, evidence, data, rationale	5	○ Legible	4
○ Conclusion	5	○ Name, date, period, teacher	1
○ Spelling / Grammar	5		
		Total out of 105	<u> </u>