

NUTRITION JOURNAL

6th Grade

NAME _____

Due date: _____ (10% less if turned in late)

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

PART ONE

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.

Step 6: Print this page after entering all foods and beverages. *Uncheck*

the oils category before printing. Make sure to be on the day that you entered food choices, then place the cursor on the middle of the page, right click, then select PRINT PAGE. If your graphs don't have percentages, you are on the wrong date.

Step 7: Label each food item with the meal it represents. Give explanation for skipped meals.

Step 8: Describe any food allergies on the print out.

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.

PART TWO

Record your 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.

80% would be 4/5 of each, and so on. If you exceed the allowance, put amounts outside the plate.

PART THREE – on a separate sheet

Write reflections on the topics from the box below. Each paragraph should begin with a topic sentence. Include in the body commentary, data, evidence, supporting details, and reasons. The last sentence should be a conclusion. At least six sentences are necessary to exceed standard.

Topic #1: Defend your choice of the best Food Group (closest to 100%) represented in your day of logging. Going over isn't necessarily the best.

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

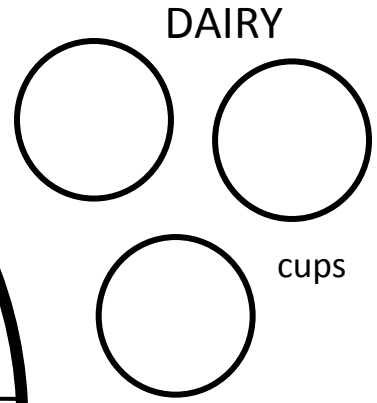
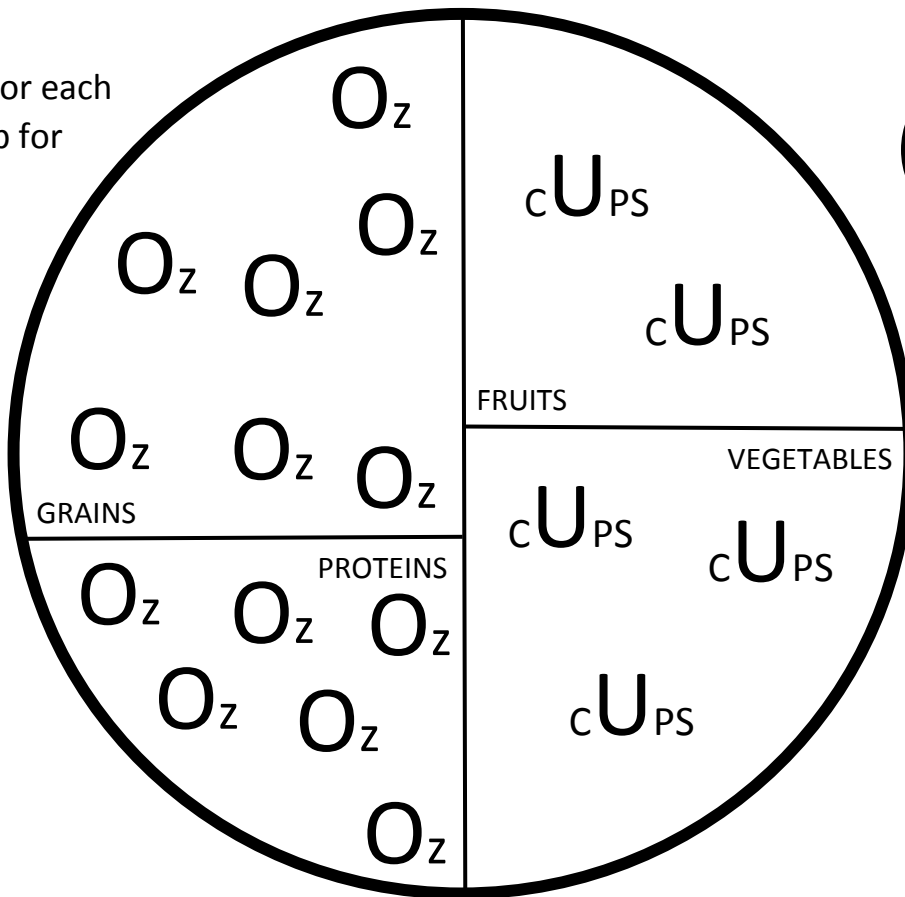
PART FOUR

Assemble project in the following order:

- 1) Cover page with Name, Teacher and Period
- 2) Print out from Focused Fitness with graphs and foods/beverages consumed
- 3) Reflections on a separate sheet
- 4) My Meal Chart w/checklist

My Meal Chart

Amounts for each food group for the day.



PROJECT CHECKLIST

Completed Nutrition Log

points

- Date 5
- Time 5
- Food 5
- Serving Size 5
- Amount 5

My Meal Chart

- Amounts agree with report 5

First Topic Reflection

- Topic sentence 5
- Details, evidence, data, rationale 5
- Conclusion 5
- Spelling / Grammar 5

Second Topic Reflection

points

- Topic sentence 5
- Details, evidence, data, rationale 5
- Conclusion 5
- Spelling / Grammar 5

Presentation

- Stapled 2
- Cover w/name, period, teacher 3
- No folds/wrinkles/stains 2
- Legible 3

Total out of 80
