

8th Grade Nutrition Project

Due by: _____ (10% off after due date)

1. Record two days of all foods and beverages consumed.

Step 1: Log onto www.focusedfitness.org

i) Click LOGIN

ii) 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 last day that you entered food choices, then place the cursor on the middle of the page, right click, PRINT PAGE.

Step 7: Label each food item with the meal it represents.

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

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

2. Plan and prepare a healthy meal for your family.

- Include a menu for your meal, list of all the ingredients, and steps for preparation.
- Identify the food group for each menu item/ingredient.
- Prepare a meal (breakfast, lunch, or dinner) that includes balanced portions from all 5 food groups.
- Remember to clean up after yourself including washing the dishes.
- Pictures of the finished meal; no downloads from the internet.
- Parent signatures verifying that you prepared the meal without help and cleaned up.

3. Write reflective paragraphs.

Each paragraph will include eight or more sentences. Begin with a topic sentence. Include in the body evidence, data, commentary, and reasons. Conclude with a wrap-up sentence. Your sentences may elaborate beyond the suggested bullet points.

Topic #1 – Healthy Meal

- Recipe/ingredients for the meal and its origin (family recipe, cookbook, internet, etc.)
- Defend why you think it was a healthy choice
- Evaluation of taste and visual presentation

Topic #2 – Future Choices

- What will you have in your home (pantry/refrigerator/freezer)?
- How is the way you are eating now going to affect your eating in the future?

4. Parent critique of meal and Student – Parent Discussion about diet

- 1) Have a parent write a short critique of the meal.
- 2) Have parent write a few sentences of what you learned about your diet and eating habits from this project.
- 3) Parent signature at the bottom.

5. Project Contents in the following order:

- 1) Cover with Name, date, period, and teacher
- 2) Focused Fitness printout
- 3) Meal Menu with recipe / ingredients
- 4) Reflective Paragraphs
- 5) Parent Critique
- 6) Checklist

PROJECT CHECKLIST

	STANDARD				Points earned
	EX	MTS	APP	BL	
Presentation					
○ Stapled, upper left corner, pages aligned	5	4	3.5	0	
○ Cover w/name, period, teacher	5	4	3.5	3	
○ No folds/wrinkles/stains/tears	5	4	3.5	3	
○ Legible	5	4	3.5	3	
○ Project contents in the correct order	5	4	3.5	3	
Focused Fitness Printout (5 points per day)					
○ Time of day	10	8	7	6	
○ Meal identified (Breakfast, lunch, dinner, or snack)	10	8	7	6	
○ Food consumed	10	8	7	6	
○ Serving Size	10	8	7	6	
○ Amount (How much of the serving size)	10	8	7	6	
Prepare a healthy meal					
○ Menu with ingredients / recipe	10	8	7	6	
○ Steps / directions for preparation	10	8	7	6	
○ All 5 food groups represented	10	8	7	6	
○ Prepared meal w/o help (parent sig.)	10			0	
○ Pictures of the meal	10	8	7	6	
○ Clean-up the kitchen (parent sig.)	10			0	
Reflections					
○ Healthy Meal topic sentence	5	4	3.5	3	
○ Details, evidence, data, rationale	5	4	3.5	3	
○ Conclusion	5	4	3.5	3	
○ Spelling / Grammar	5	4	3.5	3	
○ Future Choices topic sentence	5	4	3.5	3	
○ Details, evidence, data, rationale	5	4	3.5	3	
○ Conclusion	5	4	3.5	3	
○ Spelling / Grammar	5	4	3.5	3	
Parent Involvement					
○ Meal critique	10			0	
○ Evaluation of Nutrition Project	10			0	
○ Signature	10			0	
Total out of 195					