**Assignment Objective:**

To help you become more aware of your diet and whether or not you are providing yourself with good nutrition. Apply the knowledge you have gained from this unit to your own diet.

**Assignment Specifics:**

* Keep a detailed record of your diet for 5 days
* Calculate how many calories you have consumed on an average day
* Compare this calorie input with your specific daily calorie requirement for your age, height, activity level, etc.
* Summarize your findings in the form of a **nutrition report** (Including but not limited to: poop journal, What am I Eating Food log, breakdown of carbohydrates, fats and proteins)
* Research one other culture’s diet that is different from your own

**The report must include the following:**

1. Your **“**What Am I Eating**”** food log,
2. Poop Journal which includes shape according to bristol chart, analysis after five days (including consistency of the five days, what shape means, possible changes in diet needed).
3. The amount of calories you consume on an average day
4. The specific daily calorie requirements for your age, height, activity levels, eating habits, daily routines and family routine around nutrition and activity. This should be in an introductory paragraph and should be DETAILED and thorough.
5. **10** **possible improvements** that you could make to ensure a healthier diet. You must describe each “problem” area in detail and explain what you could do to fix it, relating it to class content.

*Ex. Several artificial fruit drinks are included in my food journal. These are filled with additional sugars giving them a high glycemic index. This means that they will increase the blood sugar levels, forcing the pancreas to release insulin. Insulin is a hormone that allows bodily cells to accept the sugar. A high sugar diet can lead to insulin resistance which will force the insulin producing cells in the pancreas to work even harder. This will eventually wear them out; causing Type II Diabetes…*

v You would then describe how you could change your diet to avoid this problem

1. **A specific conclusion** that summarizes what youlearned about yourself and your habits as well as changes that you believe you can make to ensure long term health benefits.
2. Research of another culture diet and compare your own diet to theirs in a paragraph. Try looking at the amounts of fat, carbohydrates, and protein as well as how many calories the people need in order to perform their daily activities. Some cultures to consider are: Pre-contact First Nations, Inuit, Caribbean, Scandinavian, Asian,
3. A **detailed bibliography of sources** that you have used

Please complete and include a self assessment using the same marking requirements

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 **ASSIGNMENT CHECKLIST**

**5 days of food entries (including what you ate, how many**

**calories, amount of carbohydrates, fats and protein) /15**

**Specific calorie requirements (based on your age, height, weight,**

**physical activity, daily habits) /10**

**Poop Journal /5**

**10 improvements to your diet to make it healthier /30**

**Paragraph on another culture’s diet with comparison to your**

**own. (including total calories, amount of protein, carbohydrates,**

**and fats, why the amounts may differ from your own) /10**

**Conclusion /5**

**Bibliography /5**

**Presentation /5**