

Planning: Healthy Eating and Living Project

Step 1

Create a Chart

Come up with a list of what you consume in a week. Try to list as many of the nutritional properties you can find on labels of the food you eat. Chart everything you eat over 7 days. Also chart the approximate amount of sleep you receive over a week. (A healthy amount would be around 49-56 hours a week).

Step 2

Write a reflection:

Analyze your diet. What are you consuming in excess. Look at the recommended daily intake on labels to find this information. How could I have healthier eating habits? What do I eat too much an what do I not eat enough of?

Step3

Create a second chart

Create an alternative eating plan that incorporates more healthy eating habits. Plan what you would eat for 7 days including snacks. Discuss in a few paragraphs how the changes you have made would increase your health and energy. Discuss your sleeping habits and whether or not they need improvement.

Chart and label accuracy /20

Writing and Reflection /20

/40 marks total