**N-1: Nutrients in my food**

**Step 1:** Make a food log: List **ALL** food/drinks you consume over any 3 days (including snacks). For this assignment, it does NOT matter how much you ate or when you ate it! For complex foods, list their major ingredients.

* Not specific enough: McDonalds
* Specific enough: Sandwich (*bread, cheese, lettuce, chicken, tomato, mayonnaise*)
* Too specific: Bread (*flour, water, salt, oil, sugar*)

**Step 2:** Copy each different food/drink onto the first column of the grid page (if you ate the same thing twice, you only need to list it once). For complex foods, list major ingredients on individual lines below them. You may skip lines for organizational purposes if you would like to.

**Step 3:** On the grid page, mark all of the nutrients found in each food. The fastest and easiest way to complete this step properly is to focus on **1 nutrient at a time**. For example, starting with the Water column, go down the list and mark each one that is a fruit, vegetable, drink, or soup. Also, if a complex food has a major ingredient that contains water, mark the complex food too. After marking everything with water, move to the next nutrient, and so on.

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| **Water** |  | ***Fruit, Vegetables****,* Drinks, Soups |
| **Carbohydrates** | **Simple Sugar** | **Milk**, ***Fruit*, *Soda, Sweets*** *(****syrup*, *desserts*, *candy****,* **honey**) |
| **Complex Carbohydrates****(Starch)** | ***Potato****, [****Grains = Rice, Corn, Oats, Wheat****]* *[Wheat = bread, pasta, etc.]* |
| **(Fiber)** |  (Anything with whole plant cells)***Fruits/Vegetables, Whole Grains (brown rice, wheat bread)Nuts/Seeds, beans*** |
| **Fats** | **Saturated Fat** | **Meat, Dairy, Eggs**, ***Coconut Oil*** |
| **Unsaturated Fat** | ***Vegetable Oils, Nuts, Avocado****,* **Fish/Seafood** |
| **Proteins** | **Complete Proteins** | **Meat, Dairy, Eggs**, ***Soy (tofu), Quinoa*** |
| **Incomplete Proteins** | ***Nuts/Seeds, Beans, Grains, Potato, Vegetables*** |
| **Nucleic Acids** |  | (Anything with cells)***Fruit, Grains, Potato, Beans, Nuts****,*  **Meat, Eggs** |
| **Vitamins/Minerals** |  | See tables on Health Textbook pg. 161-163 |

**Step 4:** On the grid page, circle or highlight the names of all nutrients which you could not find in any of your foods at all. In your reflection, you will have to identify foods or drinks you could eat/drink that contain each nutrient.

**Step 5:** Write a reflection on this assignment with the following guiding questions:

* **What did you learn about nutrition in this unit?** Why do we need to eat a **variety** of foods?
* **What did you learn about your diet, and how do you feel about it?** How well did your food log represent your normal diet? That is, are there other foods you didn’t eat during the 3 days that you eat often, or foods on your list that you rarely ever eat?
* Which foods did you eat that had the largest variety of different nutrients? Which had the fewest nutrients? Which nutrient was most commonly found in the foods/drinks that you listed? Which nutrient was rarest to find in your list?
* **Which nutrients did you not find at all in any of your foods/drinks?** For each one, name 1 food/drink you could consume that would provide that missing nutrient. How do you feel about this list (would you be willing to eat/drink these things)? \*\*\*If you found all of your nutrients, skip this part.\*\*\*
* **What new thoughts and/or questions do you have about nutrition?**