



Name: _____	Student Number: _____
-------------	-----------------------

Use the following table to chart what you eat over the next two days. Be sure to research on the Canada food guide as to what makes 1 serving. 4 marks (1/2 mark per meal):

		Day One	Number of Servings	Day Two	Number of Servings
<b>Breakfast</b>	Vegetables and Fruit				
	Grain Products				
	Milk and Alternatives				
	Meat and Alternatives				
	Water				
	Other				
<b>Lunch</b>	Vegetables and Fruit				
	Grain Products				
	Milk and Alternatives				
	Meat and Alternatives				
	Water				
	Other				
<b>Supper</b>	Vegetables and Fruit				
	Grain Products				
	Milk and Alternatives				
	Meat and Alternatives				
	Water				
	Other				
<b>Snacks</b>	Vegetables and Fruit				
	Grain Products				
	Milk and Alternatives				
	Meat and Alternatives				
	Water				
	Other				
<b>Total Serving for whole day</b>	Vegetables and Fruit				
	Grain Products				
	Milk and Alternatives				
	Meat and Alternatives				
	Water				
	Other				

Complete the following questions to analyze your eating over the past two days.

1. According to the Canada food guide, what are the recommended daily serving goals for you? (2 marks)

Vegetables and Fruit	
Grain Products	
Milk and Alternatives	
Meat and Alternatives	

2. How was your energy level on each day? (2 marks)

Day One:

Day Two:

3. Were you able to meet the number and variety of servings of food as set by the Canada Food Guide for each of your days? (2 marks)

Day One:

Day Two:

4. What were some changes you could have made to your diet that would have you meet the Canada Food guide recommendations. Be specific as to which meals you would add/subtract specific items from. (6 marks)

Day One:

Day Two:

/16	Teacher Feedback	
-----	------------------	--