Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Nutrition Project** [**www.supertracker.usda.gov**](http://www.supertracker.usda.gov)

**Directions:** One of the most critical pieces to achieving and maintaining a healthy weight is to analyze your diet and exercise, pay attention to what you are eating and what you are doing. This assignment will require you to keep track of your diet and exercise for two days during the week, utilizing a free online website My Plate. This webpage allows you to log, track, maintain or adjust your eating habits. This is a 30 point assignment; distributions shown below.

**Part 1: Complete the 2 day Food Log** (2 ½ points)

**Part 2: Creating Your Account**

1. Log onto [www.choosemyplate.gov](http://www.choosemyplate.gov).
2. Click on INTERACTIVE TOOLS, then click on SUPERTRACKER.
3. Click on the light blue *SuperTracker* icon
4. Click on *Create Your Profile* under “Get Started”on the middle right of the page.
5. Enter the required information (Profile Name, age, gender, physical activity, height, weight)
6. Register to Saver Your Profile!

Username: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Password: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Submit your profile.

|  |  |
| --- | --- |
| Daily Calorie Limit | calories |
| Grains | oz. |
| Vegetables | cups |
| Fruits | cups |
| Dairy | cups |
| Protein Foods | oz. |
| Oils | tsp. |

**Part 3: Personalized Plan**: (2 ½ points) On *SuperTracker* click on *My Plan* on the top blue tool bar. Fill in what and how much you should eat within your calorie allowance.

**Part 4: My Reports in Food Tracker (**5 points)

For two days during the nutrition unit you will enter the foods you consumed using [www.supertracker.usda.gov](http://www.supertracker.usda.gov)

1. Go to [www.supertracker.usda.gov](http://www.supertracker.usda.gov)
2. Log In using your information from Part 2, Number 6
3. Click on the *Food Tracker* in blue in the middle of the top row. MAKE SURE YOU HAVE THE DATE SET!!!
4. Go to *Type in your food here…*enter the food you had, click on the food you had from the results, choose the amount you had and which meal it was with. Click the blue *Add* button for everything on your food log.
5. Click on the *Physical Activity Tracker* on the top of the page in the white tool bar.
6. Enter any additional activities that you did for each day. . MAKE SURE YOU HAVE THE DATE SET!!!
7. Once you have finished entering 2 full days from your food log, go to *My Reports* in the blue tool bar.
   1. Select *Food Groups & Calories*, enter the two dates you logged and **print the report.**
   2. Go back and select *Nutrients*, enter the two dates you logged and **print the report.**

**Part 5: Self-Assessment Paper**: (15 points, 3 points for each) Complete a self-assessment based on the results from your 2 reports about your diet.

**Requirements: TYPED,** 200 words or more, double spaced, 12 pt font, 1 space after each paragraph, 1 space after each sentence, spell checked, grammatically correct, and well developed thoughts and sentence structure. Here is a list of guiding questions to guide your reflection-I suggest one paragraph for each…

-Am I meeting the recommended number of calories? Added Sugars? Saturated Fats

-Is my diet good in one food group and bad in another?

-What nutrient am I missing or have too much of? **How can this be harmful to me?**

-What is good about my diet? What is bad about my diet?

-What have I learned about my diet?

**PART 6: SMART Goal**: (5 pts) **Set a SMART goal to improve something specific in your diet**. Write the Goal at the top and then list each part of the SMART goal with 1-2 sentences for each letter: specific, measurable, attainable, realistic, and time. **TYPED!**

**TURN IT IN: Stapled in this order:**

Part 1: **Food Log**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/2 ½

Part 3: **Personalized Plan**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/2 ½

Part 4: **My Reports of Food Groups & Calories and Nutrients!** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/5

Part 5: **Self –assessment paper** **TYPED**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/15

Part 6: **SMART Goal** **TYPED**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/5

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/30

Food Log: write down everying you eat and drink!

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Time | Food/drink | How much I had |
| Breakfast |  |  |
| Snack |  |  |
| Lunch |  |  |
| Snack |  |  |
| Dinner |  |  |
| Snack |  |  |
| Physical Activity | What: | How long: |

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Time | Food/drink | How much I had |
| Breakfast |  |  |
| Snack |  |  |
| Lunch |  |  |
| Snack |  |  |
| Dinner |  |  |
| Snack |  |  |
| Physical Activity | What: | How long: |