

Health Education 120 Nutritional Appraisal:Ensey

PART I

- ◆ Record everything you eat and drink for 5 days and the amounts
- ◆ Go in www.usda.gov and input your entire food/drink intake for 5 days. YOU MUST SAVE ALL OF YOUR INFORMATION.

When in the website:

● **You must put in your name and create a password(keep in a secure place)**

▶ Go to left side of page and click on “**Food & Nutrition.**”

▶ Then, go to center of the page, click on “**My Pyramid, Steps to a Healthier You.**”

▶ Go to right side of page and click on “**My Pyramid Tracker.**”

▶ Go to top center of page and “**Assess your Food Intake.**” Put in your food for one day and the amounts – You will need to do this 5 times.

- You need 5 separate printouts of your food intake analyzed by this website. You will print out your diets with different “**emoticons**” Emoticons look like this ☺. Put all your printouts in folder.

PART II

- ◆ Obtain a Blood Pressure reading from the Health Services Office or your Physician. Have doctor or nurse record on office form. Put in folder.
- ◆ While in the Health Services Office, get a % of Body Fat reading in the health office and attach “printout to this paper.” Put in folder.

PART III

- ◆ Visit: www.healthnotes.info/index.cfm?org=cuyamaca and look through this site. Find 3 articles regarding Nutrition, Supplements, Weight Management or Fitness. Summarize the different articles in a single paragraph(what you liked about the article, what you learned, etc.) Place the 3 summaries in folder.