

Card 1

Steven has been told by a dietitian that he needs to eat 2,400 calories a day in order to maintain a healthy weight. He's always on the go so it is hard for him to know how much he's eating. Steven started keeping a food journal. On the right is a page from his food journal.

Based on this one day, is Steven keeping a balanced diet?

What are his eating habits like?

What does he need to do to balance his equation?

Monday

Breakfast

Egg 90 calories

Toast 90 calories

Snack

Chips 240 calories

Water

Apple 40 calories

Lunch

Sandwich 300 calories

Water

Brownie 120 calories

Dinner

Rice 100 calories

Chicken 120 calories

Corn 50 calories

Ice Cream 300 calories

Card 2

Mikayla leads a sedentary lifestyle. She spends most of her time watching TV and read. On the weekends, she goes to the movies and visits her grandmother. Last week, Mikayla noticed that her clothes were feeling tighter. Her mom suggested that she keep a food journal. On the right is a page from Mikayla's food journal.

Based on this one day, is Mikayla keeping a balanced diet?

What are her eating habits like?

What does she need to do to balance her equation?

Goal: 2,000 calories a day

Breakfast

Cereal, 2 servings, 500 calories

Orange juice, 120 calories

Banana, 100 calories

Snack

Chocolate chip cookies, 300 calories

Milk, 120 calories

Lunch

Cheeseburger, 350 calories

Soda, 120 calories

French fries, 240 calories

Peaches, 100 calories

Ice Cream, 250 calories

Snack

½ Peanut Butter and Jelly Sandwich,
240 calories

Milk, 120 calories

Dinner

3 Slices of Pizza, 800 calories

Soda, 240 calories

Salad with dressing, 200 calories

Chocolate cake, 250 calories

Milk, 120 calories

Snack

Popcorn, 120 calories

Soda, 120 calories

Card 3

Keisha has a very active lifestyle. She runs 3 to 5 miles a day, lifts weights, and takes karate classes. She wants to make sure her diet is healthy. A page from her food journal is shown to the right.



Based on this one day, is Keisha keeping a balanced diet?

What are her eating habits like?

What does she need to do to maintain her balanced equation?

Goal: 3,000 calories a day

Breakfast

Egg omelet, 300 calories
Wheat toast, 120 calories
Mixed fruit salad, 80 calories
Ham, 120 calories

Snack

Mixed vegetables, 20 calories
Yogurt, 80 calories
Chocolate milk, 180 calories

Lunch

Fried chicken drumsticks, 400 calories
Corn on the cob, 200 calories
Milk, 240 calories

Snack

Peanut butter crackers, 240

Dinner

Steak, 300 calories
Baked sweet potato, 90 calories
Broccoli with cheese, 120 calories
Apple pie, 250 calories
Water

Snack

Hot chocolate, 120 calories
Crackers, 40 calories

Card 1 – Steven's Food Journal

Equation _____

Observations _____

Answers _____

Card 2 – Mikayla’s Food Journal

Equation _____

Observations _____

Answers _____

Card 3 – Keisha’s Food Journal

Equation _____

Observations _____

Answers _____

What did you learn from participating in these experiences?
