

Nutrition & Diet Assignment

Over the course of this week, you will engage in two methods of tracking food consumption (a food diary and a food recall). After completing both forms of recording food consumption, you will be asked to reflect on the methodologies that you tested and on what these methods have shown you about your nutrition and diet. The assignment is laid out in the order in which you should complete the steps involved.

Food Diary

First, you will keep a food diary for one whole day. It is important to note that you will need two different days for these two activities (i.e. the food recall should not be about what you ate on the day that you kept the food diary). To do the food diary, you should record everything that you eat and the portion size or estimated quantity of each item. Please be specific enough so that you will know all the ingredients that go into each item. For example, recording “2 slices of pepperoni pizza” sufficiently implies that there is a crust, sauce, cheese, and pepperoni. On the other hand, recording “one large salad” does not give you enough information to complete the assignment. Instead, record “a salad with approximately 2 cups of mixed greens, ½ cup cherry tomatoes, ½ corn kernels, a sprinkling of cheddar cheese, and 2 tablespoons of Italian dressing.” It is okay to estimate to the best of your knowledge, but remember that detailed descriptions will aid you as you complete this week’s assignment. You will not be graded on what you record, only that you complete this step in the process. A suggested format follows, but you are welcome to submit the diary in the format that will work best for you.

Food Diary: Tuesday, September 3, 2018

| Quantity | Food items |
|-----------------|--|
| 1 ½ cups | Cereal (Frosted Mini-Wheats) |
| 1 cup | Milk, 1% |
| 1 ½ cups | Coffee with 1 tsp sugar and 2 tbsp ½ and ½ |
| 1 | Orange |
| | Salad: 2 cups of mixed greens, ½ cup cherry tomatoes, ½ corn kernels, 2 tbsp cheddar cheese, and 2 tbsp Italian dressing |
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Food Recall

Next, **on Thursday**, you should do a food recall about what you ate on Wednesday. Use the following prompts (developed by a researcher working on issues of nutrition and diabetes) to jog your memory and assist you in recording what you ate.

Food Recall: What have you eaten in the last 24 hours?

- What time did you wake up yesterday morning?
- List everything you ate (and estimated quantities) between the time you woke up yesterday morning and 12noon yesterday:
- List everything you ate yesterday (and estimated quantities) between 12noon and 6pm:
- List everything you ate (and estimated quantities) between 6pm and the time you went to sleep last night:
- Did you wake up at any time during the night and eat something? If yes, list the foods:

Written Assignment

After completing the food diary and food recall, please address the following two questions:

- 1) What was it like to engage with the two different methods that you used this week (keeping a food diary and filling out a food recall)? Which did you prefer? Why? What are the strengths and weaknesses of the two methods? In what research contexts would one be more effective than the other?
- 2) What have you learned about your own nutrition? In answering this question, please draw on and cite at least two of this week's readings.

Format

Please address the questions in 1 page, single-spaced and written in Times New Roman (12 point font) with one inch margins. You should also attach a bibliography and your completed food diary and food recall. The papers should be uploaded to the course's Canvas site. The assignments will be graded by the following rubric.

Grading Rubric

| | |
|---|-----------|
| Complete and clearly documented food diary | 15 |
| Complete and clearly documented food recall | 15 |
| Critical and clearly elaborated methodological analysis | 15 |
| Integration of the readings into the nutritional analysis | 15 |
| Understanding of key concepts of diet and nutrition | 15 |
| TOTAL | 75 points |