**Dietary Diary Project**

**Family Health History Project**

1. Keep a dietary diary of what you eat and drink every day for 4 days. You should record what you eat for breakfast, lunch, dinner, and snacks for 4 days
   1. Record your diary on choosemyplate.gov
   2. Click on Supertracker on site
   3. Create a profile (use your school one to make it easier to remember)
   4. Click food tracker
   5. Type in food/drink
   6. Select quantity of food/drink
   7. Choose the meal the food/drink was eaten
   8. Chart for 4 days
   9. Click my reports
   10. Click food groups and calories
   11. Type in dates of diary
   12. Print out results
2. Write a summary in paragraph form addressing your eating habits.
   1. Be sure to address what food groups you are eating enough of and which ones you are not (look in the “status” column)
   2. Examine the empty calorie category and address if you are going over the amount allowed or below the recommended amount. Are you eating too many sugars or fats?
   3. If you are going over the amount of empty calories allowed, mention what you should be eating instead as a healthier choice.
3. Write a summary of your findings after interviewing family members regarding obesity related diseases (see chart sheet for directions on what to address)

**Grading rubric**

Dietary Diary for 4 days……………………………………………………………………….30 pts.

Dietary Diary Summary………………………………………………………………………. 30 pts.

Family Health History Summary/chart filled out…………………………………. 30 pts.

Pedometer reading sheet………………………………………………………………….. 10 pts.