**Nutrition Assignment – Critiquing your diet Grade 10**

Follow these steps:

1. Work out how much you should be eating per day. Do this using the following calorie calculator: <http://www.calculator.net/calorie-calculator.html>
2. Work out what your macronutrients should be. Set your macronutrients within the range of Health Canada: Carbohydrates: 45-65%, Protein: 10-30%, Fats: 25-30%, <http://macronutrientcalculator.com/>.
3. Record what you eat for an entire day, include all snacks and liquids (make sure it is a typical day). Break down meals into components (e.g. 80g chicken breast, 50g long grained rice, 1 ear of corn, 20g of sautéed onions). For each food component work out how many calories, carbs, proteins and fats there are. Use nutritiondata.self.com, or myfitnesspal.com (you must sign up). For the purpose of this assignment set your fitness goal to maintain weight. Take a screen shot of your daily diet.
4. Write a 1-2 page report on how healthy your diet is. In your report make sure you answer the following:

* Does your diet give you an adequate amount of calories? (Too few, or too many?)
* Do you have a good balance of carbohydrates, proteins and fats? (Do you meet your macro nutrient requirements?)
* Does your diet come close to the recommendations according to Canada’s Food guide?
* How could you improve your diet? What could you replace/ include/ exclude from your diet? Are you eating whole grains? Are you eating good fats? Are you eating enough fibrous foods?

1. Re-write your diet so that it balanced in terms of macronutrients and calories meet your recommended daily amount. You may need to do some research into different foods. Remember to use healthy and non-processed foods.

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|  | Level 1 | Level 2 | Level 3 | Level 4 | Total |
| **Knowledge and**  **Understanding**  Questions 1,2,3,4,5 | Lots of details are missing and lots of mistakes. | Information has some details missing and some mistakes. | Information is accurate and detailed | Information is very accurate and detailed | /5 |
| **Application**  Questions 1,2,3 | Diet has some details missing with most elements accounted for (calories, carbohydrates, proteins, fats) | Diet has some details missing with most elements accounted for (calories, carbohydrates, proteins, fats) | Diet is detailed with almost all elements accounted for (calories, carbohydrates, proteins, fats) | Diet is very detailed with all elements accounted for (calories, carbohydrates, proteins, fats) | /5 |
| **Communication**  Questions 1,2,3,4,5 | Presented information unclearly. Quite a few spelling, grammar and punctuation mistakes | Presented information somewhat clearly. With a few spelling, grammar and punctuation mistakes. | Presented information clearly. Very few spelling, grammar and punctuation. | Presented information very clearly. Flawless spelling, grammar and punctuation. | /5 |
| **Thinking and Inquiry**  Questions 4,5 | Critique of diet is not thorough and some questions are addressed in detail. The new diet has little balance. | Critique of diet is somewhat thorough, most questions are addressed. The new diet has some balance. | Critique of diet is thorough and almost all questions are addressed in detail. The new diet has good balance. | Critique of diet is very thorough and all questions are addressed in detail. The new diet has perfect balance. | /5 |