Nutrition Assignment – Critique your diet Grade 9

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 macro nutrients should be: <http://macronutrientcalculator.com/>
3. Write a detailed balanced meal plan for 1 day i.e. breakfast, lunch, dinner, supper, snacks etc, taking into account your daily recommended calorie intake and your macro nutrient intake (carbohydrates, proteins and fats). Include the amount of food (grams) and your macro nutrient beak down for each meal.

You may use any websites to help you. I recommend: myfitnesspal.com – create an account(you are not trying to lose or gain weight, just create a balanced meal plan).

Another good resource is nutritiondata.self.com

1. Write a short comparison (150-300 words) on how your actual diet is compared to what you should be eating.

* 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? If not, where are you short?)
* Are you meeting Canada’s Food Guide Recommendations? Where could you make improvements
* How could you improve your diet? What could you replace/ include/ exclude from your diet? Are you eating good fats? Are you eating enough fibrous foods?
* How do you feel energy wise on a daily basis? Do you think any of this is connected to your diet?

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|  | Level 1 | Level 2 | Level 3 | Level 4 | Total |
| **Knowledge and**  **Understanding**  Questions 1,2,3, | 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. | Critique of diet is somewhat thorough, most questions are addressed | Critique of diet is thorough and almost all questions are addressed in detail. | Critique of diet is very thorough and all questions are addressed in detail. | /5 |