**Reflective Journal for Unit #2**

**Begin writing your weekly reflective journal at the beginning of Unit #2** and continue to add **entries** each week **until the end of the unit, approximately week 12**.

Beginning in the first week of Unit 2 and every week while you work throughout the Unit, report on the things you have learned in the course during that week. Write one dated entry per week. When describing what you are learning, relate how it builds a better understanding of your nutritional requirements and how it has helped you to improve your eating habits. The content notes on carbohydrates, proteins, fats, vitamins and minerals and water should help you along the journey. Comment on the food recall activity and the nutrient analysis that you will perform with the aid of the Food Focus 3.4 program, as well as the various assignment work and overall diet analysis.

As well, outline any challenges you faced along the way and how you overcame them; discuss your use of time and how well you are able to keep up with your course work.

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