**Daily Calories and Canada’s Food Guide Assignment**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part 1 Daily Calorie Intake.**

1. Using the meal you had written down in class find the total calories for the meal. List the components of the meal with the calories for each food then identify the total calories for that meal**. [Value 10]**

**\*\*\*you may need to add more rows depending on the number of different foods in your meal\*\*\***

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Fast Food Meal** | **Home-cooked Meal** | **Snack at the “store”** |
| Food Item 1 |  |  |  |
| Food item 2 |  |  |  |
| Food item 3 |  |  |  |
| Drink |  |  |  |
| Total calories |  |  |  |

1. During class you also wrote down the food you had eaten in a particular day. If you can’t find it or you were absent, list all the food you at yesterday from the time you got up until bed. Include any drinks. **[Value 10]**

|  |  |  |
| --- | --- | --- |
|  | **Food/Drinks** | **Calories** |
| **Breakfast** |  |  |
| **Lunch** |  |  |
| **Supper** |  |  |
| **Snacks** |  |  |

1. Using your calorie guideline for both your gender and activity level compare your calorie intake for both question 1 and 2. Write a summary of what you have found. Are you within a sensible range? Too high? Too low? For question 2 is it a typical day? Are you surprised at the amount of calories in what you are eating? **[Value 10]**

**Part 2. Canada’s Food Guide**

1. Using Canada.ca click on the Health tab and go to food and nutrition. Search Canada’s food guide to answer the questions below: [Value 5]

a) What are the recommended number of servings that a teenager female should have in the following categories?

Vegetables and fruits\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

grain products\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

milk and alternatives\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

meat and alternatives\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b) What are the recommended number of servings that a teenage male should have in the following categories?

Vegetables and fruits\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

grain products\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

milk and alternatives\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

meat and alternatives\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c) Compare the number of servings of children vs. teens. What happens to the number of servings as you grow from a young child to a teenager?

1. Follow the instructions: click **food and nutrition…food guides and healthy eating**…**Canada’s food guide**…**My food guide.**
2. Create your personal Food Guide. [This must be printed] **[Value 5]**
3. Using your personal Food Guide and your answer to number 1 fill in the Food Diary for an ideal day where you would eat the foods you like and meet all the requirements for Canada’s Food Guide**. [Value 15]**