

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

### SCIENCE SECOND QUARTER GATE HOMEWORK

Assigned on: \_\_\_\_\_ Due on: \_\_\_\_\_



In this project, you will record what you eat for a day (be honest!). You will research the nutritional requirements for a student of your age, then reflect on how closely your diet meets these requirements. Finally, you will devise ways to add good nutrition and activity into your day!

**Part A – Record your food intake for a day.** Date of recording: \_\_\_\_\_

Breakfast	Snack	Lunch	Snack	Dinner	Other

### Part B – Components of Food

Using websites or books, explain how your body uses each of the needed nutrients of food below. Remember to list the resources you used at the end of this document.

1. Carbohydrates \_\_\_\_\_  
\_\_\_\_\_
2. Protein \_\_\_\_\_  
\_\_\_\_\_
3. Fats \_\_\_\_\_  
\_\_\_\_\_
4. Water \_\_\_\_\_  
\_\_\_\_\_

**Part C – Research** the recommended amounts of the following food groups for someone your age. Determine if you consumed the required amount on the day you recorded your food intake at the top of this document.

Nutrient	Recommended Serving Size or Daily Limit	What body part(s) does it help?	Did you have too little, too much or just the right amount of the recommended amount?
Fruits			
Vegetables			
Grains			

Nutrient (continued)	Recommended Serving Size or Daily Limit	What body part(s) does it help?	Did you have too little, too much or just the right amount of the recommended amount?
Oils / Fats			
Protein			
Dairy			

**Part D – Reflect on your nutrition.**

5. Looking at your data, what are your thoughts about your diet and the recommended diet?

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6. How could you include more of the recommended food groups into your daily diet?

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7. What is at least one change you could make to your diet to become a healthier person?

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8. Most Americans don't eat enough fruits and vegetables. What changes would you have to make to eat the required amount of fruits and vegetables for someone your age?

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9. Describe a typical snack you eat. Would you consider it healthy based on the recommended chart above? If not, what changes could you make so your snack would be healthier for you?

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**Part E – Using the energy from the food you eat.**

1. Describe sports, exercises or activities **you** do that provide **you** with physical activity during the week. \_\_\_\_\_

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2. What are some ways **you** could increase activity in **your** day, to provide movement for your muscles, bones, heart and lungs?

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**Part F – References**

Cite books or website URL's that you used in researching this project.

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