You Are What You Eat!

Meal Planning Assignment

Using the information you have learned about adolescent health requirements, as well as the information provided by Canada’s Food Guide, you will work to build a personal meal plan that represents a nutritionally-balanced approach to eating. Complete the following steps to begin your assignment:

**STEP ONE: INTRODUCTION**

In a short paragraph, introduce yourself. Include your age, gender, activities you are involved in, and your lifestyle choices (eg., dietary restrictions, preferences, etc.). At the conclusion of your paragraph, include the requirements of your **healthy eating profile**: how many servings of each food group do you require daily to ensure that you are meeting your basic nutritional needs?

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**STEP TWO: MEAL PLAN**

Design a **one-day** meal plan that includes options for breakfast, lunch, dinner, and snacks. Ensure that you include serving sizes for each component of your meal, as well as a tally of the servings from each food group included. Consider the following suggestions to help you build an accurate meal plan:

- Choose a variety of food items – avoid eating the same thing at every meal.
- Remember that some food items represent a variety of food groups. For example, if you are eating a sandwich for lunch, ensure that you include all of the ingredients you will use to make it:

  **Sandwich**
  - 2 slices of whole wheat bread
  - 2 leaves of lettuce, torn
  - 3 slices of tomato
  - 2 slices of Swiss cheese
  - 3 slices of lean turkey

- Items that do not represent any of the four food groups (eg., chips; cookies; etc.) should be listed under “other”.

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Use the following chart as a template for organizing your meal plan.

`s Meal Plan

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
<th>Total Servings</th>
</tr>
</thead>
<tbody>
<tr>
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<td>F &amp; V: ____</td>
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<td>Mi &amp; A: ____</td>
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**Step Three: Summary**
In a short paragraph, explain your reasoning behind each of the decisions you made when creating your meal plan.

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**Step Four: Good Copy**
Create a good copy of your meal plan – either typed, or neatly handwritten – that includes each of the three steps listed. Ensure that you edit carefully for spelling and grammatical errors!

Your meal plan is **DUE** ________________________________.
## You Are What You Eat!
### Meal Planning Assessment

<table>
<thead>
<tr>
<th>Communication</th>
<th>Knowledge and Understanding</th>
<th>Application</th>
<th>Thinking and Inquiry</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Writes a clear introduction, describing both the physical, personal, and nutritional factors contributing to his or her healthy eating profile. (8)</td>
<td>□ Designs a nutritional, varied meal plan that strikes a balance between healthy eating and personal preferences.</td>
<td>□ Ensures that the serving requirements for each category are met, paying careful attention to serving sizes.</td>
<td>□ Writes a clear summary of the meal plan, explaining the reasoning behind his or her food choices.</td>
</tr>
<tr>
<td>□ Edits carefully for spelling and grammatical errors. (4)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>COMMENTS</th>
<th>COMMENTS</th>
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</table>

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