

NUTRITION UNIT PROJECT

OPTION 1:

This option will require you to think critically about diets and how good or bad diets can affect your body. It will require you to think about:

1. What a healthy diet requires.
2. What food groups the four different nutrients come from.
3. What the effects of a chosen diet will be.

TASK: Pick a current or popular diet (i.e. the Atkins diet) from a book or the internet and plan out meals for 5 days that would be approved by this diet. You will then determine if the diet is healthy or not by putting the diet into the NATS website below, and then DISCUSSING the following questions in FULL SENTENCES:

1. Is there sufficient amounts of carbohydrates, protein and fats?
2. Will a person on this diet get all their vitamins, minerals and fibre?
3. Is the diet balanced according to the Canadian Food Guide? Show this in a table.

If the diet is **balanced**, discuss in full sentences:

1. Who this diet is meant for? (i.e. what gender, age, activity level, etc...)
2. What will be the effects of this diet after two weeks, one month, and six months.
3. Would this diet be suitable for long term (i.e. over a span of years)? Why or why not?

If the diet is **not balanced**, discuss in full sentences:

1. What nutrients are missing from this diet and in what quantities (i.e. how much is missing of each nutrient)?
2. With these nutrients in mind, what will be the effects of this diet after two weeks, one month, six months.
3. Make SPECIFIC recommendations and adaptation to make this diet balanced.

Also required: Title page containing your topic, name, date, option number and block.

Marking Rubric for Option 1:

1. Attached a copy of the diet chosen (3 marks)
 - a) Photocopied or re-typed the diet
 - b) stated where the diet was found (i.e. what book or what website)
2. Analyzed whether the diet was healthy or not and the effects of the diet. (6 questions x 7 marks = 42 marks)
 - a) Provided answers for all the questions in full sentences
 - b) Provided detailed reasons to support the answers
 - c) Concluded whether the diet was healthy or not, using the previous answers to support the conclusion.

TOTAL /45 marks

NATS: Nutrition Analysis Tools and Services <http://nat.crgq.com/mainnat.html>
<http://nat.crgq.com/energy/daily.html>

OPTION 2:

This option will require you to analyze your own diet and lifestyle for three days. You will record everything that you eat, and the activities that you partake in over the three days. You will then analyze your diet for balance of food groups and energy production and compare it to your energy consumption in the activities that you do.

TASK: Record in DETAIL (i.e. food name, brand and approximate weight or amount) the food that you eat for THREE FULL DAYS (72 hours) in a similar chart to the one below. You will also record all the activities

that you do in each of the days (i.e. studying, walking to the store, going to class, doing the dishes etc) for the same **THREE FULL DAYS**.

Food Eaten	Approximate Amount	Time of day

Activity	Duration (length of time doing the activity)	Time of day

You will put all this data into the NATS website food analyzer and energy calculator. You will then analyze the information you have collected and calculate:

1. The amount of each nutrient that you have eaten **per day**. (use the NATS Nutritional Calculator)
2. If you have eaten all the recommended servings of the 4 food groups **per day** from the Canadian Food Guide (show ALL work)
3. The amount of energy you have used in all your daily activities **per day**.
4. The amount of energy that you have gotten from the food you've eaten **per day** in calories (food energy).
5. The difference between the **FOOD ENERGY** (in calories) you've taken in, and the energy you've used up **per day**.

You will then analyze your diet and nutrition by discussing the following:

1. How you could improve/ increase the balance in your diet as compared to the Canadian Food Guide by looking at all the nutrients that you take in.
2. How to improve your diet to properly get the food energy you require.

Also required: Title page containing your topic, name, date, option number and block.

Marking Rubric for Option 2:

1. Attached data tables for the food and activities that you did over the 2 days. (5 marks)
2. All of the calculations required showing all work (except that done on the NATS website) with all finished data in clear, easy to read tables. (5 x 5 marks = 25 marks)
3. Complete analysis of your diet and recommendations for a more balanced diet and higher energy efficiency between the food you eat and the activities you do. (15 marks)

TOTAL / 45 marks

NATS: Nutrition Analysis Tools and Services <http://nat.crgq.com/mainnat.html>

OPTION 3:

This option will require you to design your own balanced diet and analyze it to make sure you are actually getting all required nutrients.

TASK: Design a balanced diet for 5 days that includes full meal plans for each day. In each days' plan, you will identify which food group each of your menu items is in and then tally up the amounts to see if your day meets the requirements from the Canadian Food Guide. You will also put the days plan into the NATS website Nutrition Calculator to see if you are getting all the proper nutrients. If you find that you are not balanced according to the Canadian Food Guide, you must fix it. If you are not balanced according to the NATS website, suggest foods that would bring your nutrient levels up.

Marking Rubric for Option 3:

1. Attached full, detailed meal plan for 5 days, showed food groups, and showed that it was balanced according to the Canadian Food Guide. (35 marks)
2. Attached details of the NATS analysis with suggestions on how to make up for any missing nutrients. (10 marks)

TOTAL /45

Also required: Title page containing your topic, name, date, option number and block.