MY DAILY FOOD INTAKE

Name: **John Michael Guevarra** Section**: BSIT – 1B** DATE: **10/17/2023** Group no. 3\_

Instruction: Record your daily food intake, including the quality, for a week. (Example: Breakfast: 2 cups of white rice and 2 pcs of hotdog with 1 glass of milk/1 glass of water). Also provide the time of intake (6:30) and any form of hydration you consumed such as water, sport drink or energy drink, and the like.

|  |  |  |
| --- | --- | --- |
| DAY 1 | FOOD/SNACKS/QUANTITY | TIME |
| ***Breakfast*** | Non |  |
| AM Snack | 5pcs Dark Chocolate, | 10:45 am |
| ***Lunch*** | 1 and half cups of white rice and burger steak with  2 glasses of water | 12:13 pm |
| PM Snack | 237 ml of coke, 4 pcs kikiam and 4 pcs of hotdog, and 4 pcs of fishball. | 2:48 pm |
| ***Dinner*** | Drinking hahahahahahahahahahahahahahahaha | 5:10 pm to 8 |
| Mid-night Snack | Non |  |
| DAY 2 | FOOD/SNACKS/QUANTITY | TIME |
| ***Breakfast*** | 1 cup of rice with 3 pcs of hotdog | 9:25 am |
| AM Snack | Non |  |
| ***Lunch*** | 2 cups of rice and pork with shrimp paste | 12:21 pm |
| PM Snack | Cup Noodles and 2 glasses of royal softdrink. | 3:46 pm |
| ***Dinner*** | Tapsilog with beef broth and 1 glass of royal softdrink. | 8:12 pm |
| Mid-night Snack | Non |  |
| DAY 3 | FOOD/SNACKS/QUANTITY | TIME |
| ***Breakfast*** | Non |  |
| AM Snack | 1 Bowl of Noodles, 2 glasses of water | 10:36 am |
| ***Lunch*** | 1 Bowl of Noodles, and 1 cup of white rice, and fish steak.  1 glass of water | 1:46 pm |
| PM Snack | Non |  |
| ***Dinner*** | 2 cups of white rice, with fish steak, and fried tilapia, and 2 glasses of water. | 7:30pm |
| Mid-night Snack | Non |  |
| DAY 4 | FOOD/SNACKS/QUANTITY | TIME |
| ***Breakfast*** | Non |  |
| AM Snack | Non |  |
| ***Lunch*** | Burger Steak with 2 cups of fried rice and 1 bottle of coke. | 2:46 pm |
| PM Snack | Sushi and 1 glass of coke zero | 3:27 pm |
| ***Dinner*** | 1 cup of Ramen with dumplings, 1 glass of coke zero, 1 glass of ice cream, 2 glasses of water. | 7:43pm |
| Mid-night Snack | Dumplings and chicken. | 11:46 pm |
| DAY 5 | FOOD/SNACKS/QUANTITY | TIME |
| ***Breakfast*** | Non |  |
| AM Snack | 2pcs Donut and 1 glass of water. | 10:14 am |
| ***Lunch*** | 3 cups of java rice and 2 barbeque, and 1 chicken, and 2 glasses of water. | 11:48 am |
| PM Snack | Salted Caramel Latte | 1:27 pm |
| ***Dinner*** | Hungarian Sausages with 2 pcs of dynamite and 2 cups of fried rice and 2 glasses of water. | 7:48 pm |
| Mid-night Snack | Salted Caramel Latte | 12:47 am |
| DAY 6 | FOOD/SNACKS/QUANTITY | TIME |
| ***Breakfast*** | Sopas and 1 glass of water. | 8:15 am |
| AM Snack | Non |  |
| ***Lunch*** | 3 cups of white rice and mussel soup 1 glass of coke 2 water | 12:21 pm |
| PM Snack | 2 pcs of donut and 1 glass of coke and 3 glasses of water | 3:47 pm |
| ***Dinner*** | Chicken karaage with 2 cups of white rice | 8:57 pm |
| Mid-night Snack | Salted Caramel Latte and 2 glasses of water. | 1:28 am |

Date Ended: **10/10/2023 to 10/15/23**

Recorded by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Validated by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of the Student Signature over printed name of Validator

After the activity kindly answer the following questions:

1. Is your everyday food intake aligned with the Philippine Dietary Guidelines? If yes, how did you manage to follow the guidelines? If not, why? (10 points)  
     
   I didn’t not follow the guidelines of Philippine dietary and it’s too obvious because I always skipping my breakfast and avoiding breakfast can cost of lowers of blood sugar levels, leading to migraines and headaches. And also skipping daily breakfast also impacts memory, reduces energy levels, and puts you in a bad mood.   
     
     
     
     
     
   **2**. Do you believe that achieving health and physical fitness today is really difficult? What do you think contributes to living a healthy lifestyle? (10 points)

Yes, achieving health and physical fitness nowadays is really hard to do. The most common barriers people list to being physically fit are not having enough time, energy, or motivation, and a lack of social support.

3. What insight have you gained as a result of participating in this activity? (10 points)  
  
  
Now I fully understand the significance of your daily food consumption. On how to take measures with what you eat and balance your diet so that you provide your body with enough nutrients and become healthy.

PROMOTING INCIDENTAL PHYSICAL ACTIVITIES  
  
Name: **John Michael Guevarra** Section: BSIT – 1B Date: 10/17/2023 Group no. 3  
  
ACTIVITY: Activity Implementation (Individual, Partner, Group Activity)

Instructions: Recognize the different incidental activities that we do daily as well as some simple ways to increase incidental physical activity. This task challenges you to increase your engagement in incidental activities by documenting the different incidental activities that you will engage in for a week. Record the activities and submit a 1-to-2-page narrative report for each individual and partner task, and a 1-to-2-minute video summary for the group task. For the narrative reports, follow the template below.

|  |  |  |  |
| --- | --- | --- | --- |
| DAY 1: Date: 10/10/23 Tuesday | | | |
| ***Time*** | ***Incidental Activity*** | ***Duration*** | ***Comments/ Remarks*** |
| 2:30pm | Walking from PLP to Cityhall | 15 – 20 mins | For the ID picture taking. |
| 4:10pm | Walking from Cityhall to RHS | 20 - 25 mins |  |
| DAY 2: Date: 10/11/23 Wednesday | | | |
| ***Time*** | ***Incidental Activity*** | ***Duration*** | ***Comments/ Remarks*** |
| Non |  |  |  |
| Non |  |  |  |
| DAY 3: Date: 10/12/23 Thursday | | | |
| ***Time*** | ***Incidental Activity*** | ***Duration*** | ***Comments/ Remarks*** |
| 7:15 am | Climbing on stairs 1st to 6th floor in PLP | 2 to 3 mins | Going on my first class for that day. |
| Non |  |  |  |
| DAY 4: Date: 10/13/23 Friday | | | |
| ***Time*** | ***Incidental Activity*** | ***Duration*** | ***Comments/ Remarks*** |
| 10:00 am | Walking from home to terminal. | 9 to 12 mins | Commuting. |
| 10:45 am | Climbing on stairs 1st to 6th floor in PLP | 2 to 3 mins | Going on my first class for that day. |
| DAY 5: Date: 10/14/23 Saturday | | | |
| ***Time*** | ***Incidental Activity*** | ***Duration*** | ***Comments/ Remarks*** |
| Non |  |  |  |
| Non |  |  |  |
| DAY 6: Date: 10/15/23 Sunday | | | |
| ***Time*** | ***Incidental Activity*** | ***Duration*** | ***Comments/ Remarks*** |
| Non |  |  |  |
| Non |  |  |  |

Briefly, discuss your feelings about the results of your one-week engagement. What problems or challenges have you encountered in implementing your incidental activities? How did you manage to overcome them? Discuss your goal future goal for the coming weeks. (30 points)