

MUST BE TYPED except for the meal plan worksheet.

### Part A

1. Write a sentence or 2 about where you get most of your meals - home (parents), cook for self, fast foods, eat in Mercer's cafeteria (meal plan), etc.....
2. Go to [choosemyplate.gov](http://choosemyplate.gov). Go to Online Tools and click on Daily Checklist. In the first paragraph, see the "blue" *MyPlate Daily Checklist* and click on that:
  - a. This takes you to a page where you enter your age, sex, etc... follow the prompts and you will end up on a daily meal plan and a tracking sheet (see the attached example on BB).
  - b. Print 2 copies of the MyPlate Daily Checklist (does not need to be in color) **and** 1 copy of your Daily plan.
3. Using the MyPlate Daily Checklist, complete a **2 day food diary** (one for each day).
  - a. Keep a list of all the foods you eat for 2 days (on a sheet of paper – turn this in with your project)
  - b. Using your list, write in the food choices you made for each day in the correct food group. Complete all the columns on the form and the check the boxes on the form.
  - c. On the "Track your Wins" lines on the bottom, handwrite in what categories you did well in.
  - d. I want you to also **WRITE IN** on the bottom of this sheet what categories you need to improve on **AND** what you can do to improve your choices – what specific foods would you add (that you would actually eat) - use the back of the page if you need to. Please write neatly so I can read it.
4. On a separate sheet of paper, **ANALYZE** your results by answering: (**must be typed**)  
*Did you eat all the food groups you were supposed to each day for a health?*
  - If YES, please indicate how easy or hard it was to accomplish this - was it a departure from your usual way of eating or you always eat this way. Please write at least a paragraph analysis.
  - If NO, please indicate why not, how hard it would be to **MEET** your goals and what you might do differently to accomplish that. Please write at least a paragraph analysis and be specific about what foods you should focus on, where you might get them, etc.... and be realistic.
  - Refer to the "TIPS" under each food group for ideas. Reference the TIPS for ideas you might use.

*HINT: It is likely that you will need to write something for both YES and NO since you are analyzing 3 days and it is unlikely you will meet your needs for all days. (However it is possible, so if you eat a perfect meal plan already, I expect a longer analysis about the YES.)*
5. There are 3 sets of TIPS for College Students under Audience/College/Resources  
 10 Tips for the Dining Hall      10 Tips to Stay Fit on Campus      10 Tips for Your Mini Fridge  
 PRINT 1 of the tip sheets. Pick 2 of the ideas the Tip sheet that you think you can do. TYPE a short paragraph for each Tip sheet about how you will incorporate these 2 ideas to improve your nutrition.

### PART B:

1. Calculate your calorie needs using the Mifflin-St Joer. Justify why you picked the activity level you picked.
2. What are your Protein, Carb and Fat requirements based on the 50 - 20 - 30 % of calories?
3. Compare the calories Choose My Plate says you need with the ones you calculated. Which do you think is the most accurate one for you and why (no wrong answer here - just your opinion).