

Name/Title: Graphing My Diet

Purpose of Event: The purpose of this activity is for students to see how much their diet differs from the Daily Recommended Intake (DRI).

Suggested Grade Level: 9-12

Materials Needed: A print out of the Daily Recommended Intake (DRI) for nutrients and either paper or a computer to construct a graph.

Description of Idea

Before doing this activity students should have already learned about nutrition, the role of different nutrients in our body, and special dietary concerns (i.e. sugar for diabetics, iron for people who are anemic, protein for athletes, calcium for women, etc.)

To start class students will need a log of what they ate and drank the day before and its nutritional content (calories, fat, vitamins/minerals, protein, etc.) The students should choose four (4) nutrients, accumulate the total consumption for each nutrient, and construct a double bar graph. The graph will give the students a side- by- side visual of how much of each nutrient is recommended on a daily basis and how much they actually consume.

I set the following guidelines for each student to follow:

- 1) The graph must have a title
- 2) Students must design a key
- 3) The X and Y axis' must be labeled with a name (i.e. the X axis can simply be labeled "nutrients")
- 4) Identify each nutrient and how it is measured [i.e. Fat (g), protein (g), sodium (mg)]

Assessment Ideas:

To assess student learning, students must write a 1 page response outlining their results. These questions may be used to help guide them: did anything shock you? Why did you choose the four nutrients you chose? Would you classify your eating habits as "healthy?" Why or why not? Where do you see room for improvement in your diet?

Teaching Suggestions:

Include a side note encouraging cross-curricular class involvement. Have math teachers or English teachers allow a few minutes in their class for completion of the paper or the graph.

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