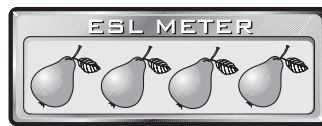




My Nutrition Journal

Name: _____



Intermediate High





My Nutrition Journal

Intermediate High



















Name: _____

Teacher's Name: _____

Classroom: _____

LESSON		PAGE
1.	 Quick and Easy Healthy Meals	1
2.	 Fruits and Vegetables	2
3.	 Healthy Foods for Children	5
4.	 Balanced Eating	7
5.	 Low Cost Healthy Food	8
6.	 Food Safety	9

What Do You Want to Do?

I WANT TO ...	CIRCLE ONE		
	No, not now	Sometimes	Yes, a lot
1.to prepare quick and healthy meals.			
2.to eat more fruits and vegetables.			
3.to help my children eat healthier food.			
4.to make healthier food choices.			
5.use the Internet to find out about food-assistance programs.			
6.to cook foods safely.			



Date _____

My Goal: I will try _____ ideas for quick and easy cooking.

Directions:

1. Write down some new ideas from class.
2. Try 1 or more at home.
3. On a different day, complete your Report and talk to a partner.

New idea for quick and easy cooking.	I tried it.	My family/I liked it: (Circle your answer)
1. Use canned or frozen vegetables instead of fresh.	Date: _____	<p>1 2 3 4 5</p> <p>No Some a lot</p>
2. Cook and eat more leftovers.	Date: _____	<p>1 2 3 4 5</p> <p>No Some a lot</p>
3.	Date: _____	<p>1 2 3 4 5</p> <p>No Some a lot</p>

MY REPORT	DATE:
------------------	-------

1. I tried _____ ideas for quick and easy meals.
2. The best idea for my family was: _____
3. The idea I will try again is: _____
4. The idea I will not try again is: _____ because



Date _____

Directions:

1. Fill out the 'Fruit Tasting' survey in class.
2. Choose a new fruit to try at home with your family.
3. On a different day, complete your Report and talk to a partner.

<p>Name of fruit _____</p> <p>Circle answers</p> <ol style="list-style-type: none"> 1. Is this a new fruit for you? Yes No 2. What does it taste like? <ul style="list-style-type: none"> • Apple • Papaya • Banana • Strawberry • Melon • Other _____ 3. Do you like the taste? 1 2 3 4 5 4. Would you buy this fruit? Yes No 5. What are the health benefits of this fruit? _____ _____ 	<p>Name of fruit _____</p> <p>Circle answers</p> <ol style="list-style-type: none"> 1. Is this a new fruit for you? Yes No 2. What does it taste like? <ul style="list-style-type: none"> • Apple • Papaya • Banana • Strawberry • Melon • Other _____ 3. Do you like the taste? 1 2 3 4 5 4. Would you buy this fruit? Yes No 5. What are the health benefits of this fruit? _____ _____
<p>Name of fruit _____</p> <p>Circle answers</p> <ol style="list-style-type: none"> 1. Is this a new fruit for you? Yes No 2. What does it taste like? <ul style="list-style-type: none"> • Apple • Papaya • Banana • Strawberry • Melon • Other _____ 3. Do you like the taste? 1 2 3 4 5 4. Would you buy this fruit? Yes No 5. What are the health benefits of this fruit? _____ _____ 	<p>Name of fruit _____</p> <p>Circle answers</p> <ol style="list-style-type: none"> 1. Is this a new fruit for you? Yes No 2. What does it taste like? <ul style="list-style-type: none"> • Apple • Papaya • Banana • Strawberry • Melon • Other _____ 3. Do you like the taste? 1 2 3 4 5 4. Would you buy this fruit? Yes No 5. What are the health benefits of this fruit? _____ _____



My Goal: I will try _____ new fruits at home.

My Report

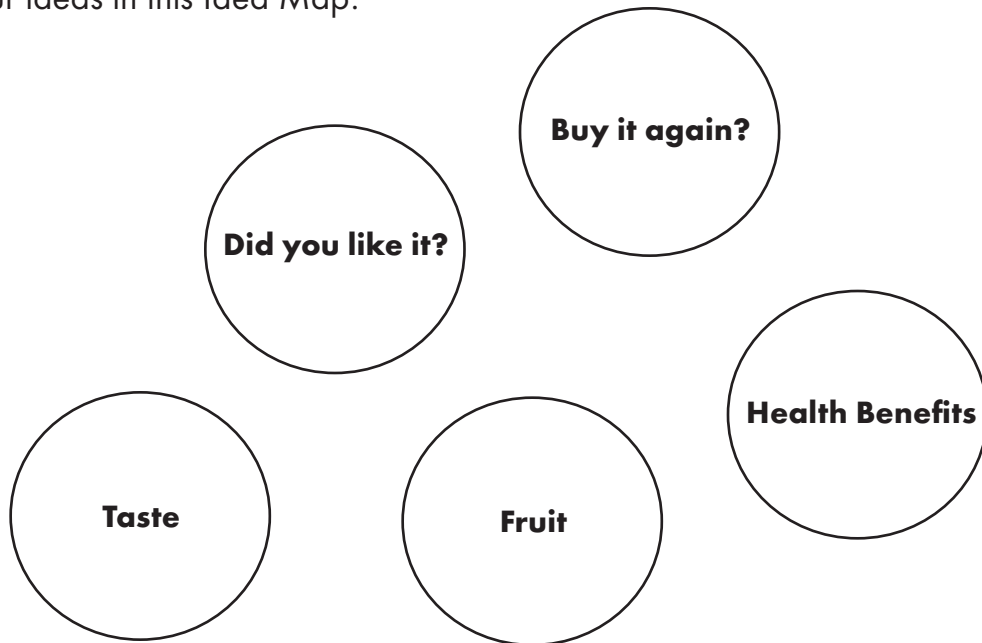
Date:

1. List the new fruit you tried at home.
2. Circle your answer.
3. Talk to a partner about the fruit you tried. Then write a paragraph about it.
Use Page 3 as a guide.

Date Tried:	New fruit	My family/I liked it:
		<p style="text-align: center;">1 2 3 4 5</p> <p style="text-align: center;">No Some a lot</p>
		<p style="text-align: center;">1 2 3 4 5</p> <p style="text-align: center;">No Some a lot</p>
		<p style="text-align: center;">1 2 3 4 5</p> <p style="text-align: center;">No Some a lot</p>
		<p style="text-align: center;">1 2 3 4 5</p> <p style="text-align: center;">No Some a lot</p>



Put your ideas in this Idea Map:



Using your Idea Map, write a paragraph about what happened when you tried the new fruit.



Date _____

Part 1:

1. Look at Worksheet #1 (from class).
2. Circle the snacks that are less healthy.
3. Answer the questions below and talk to a partner.
4. In 1 week, complete Part 2 (on next page).

Questions:

1. Write down some healthier snacks you can plan for your family:

2. What will you do if your family does not like the healthier snacks?

3. My Goal: I will choose _____ healthy snacks for my family and try them over the next week.



Part 2:

1. Complete your Report.
2. Answer the questions.
3. Talk to a partner.

Date _____

My Report:

Date:

Healthy Snacks I tried:	Date:	My family liked it:
1.		<p>1 2 3 4 5</p> <p>No Some a lot</p>
2.		<p>1 2 3 4 5</p> <p>No Some a lot</p>
3.		<p>1 2 3 4 5</p> <p>No Some a lot</p>

Questions:

1. I tried _____ ideas for healthy snacks.
2. The snack idea I will try again is: _____
because _____
3. The snack idea I will not try again is _____
because _____
4. Another new idea for a healthy snack is:

5. What will you do if your family does not like the new snack?



Date _____

My Goal: I will try _____ tips when I go to fast food restaurants to help me make healthier choices.

Directions:

1. Talk with your group.
2. Write 3 new Tips you learned in class.
3. Try the Tips when you go to a fast food restaurant.
4. Report back in 2 weeks.

New tip for making healthier choices at fast food restaurants.	I tried it.	The Tip worked: 1 = No, it did not work 3 = Maybe I will try it again 5 = Yes, I will try it again
	Date: _____	<p>1 2 3 4 5 No Maybe Yes</p>
	Date: _____	<p>1 2 3 4 5 No Maybe Yes</p>
	Date: _____	<p>1 2 3 4 5 No Maybe Yes</p>

My Report _____ Date: _____

Think About It: Many people have not made changes in the choices they make at fast food restaurants. Check (✓) what is true for you and say why; then, talk to a partner.

1. I am not really interested in making any changes. Why?	2. I do not have the extra money to eat at fast food restaurants.
3. The lesson did not motivate me to get started. Why?	4. I do not believe eating fast food is bad for my health. Why?
5. I did not have enough time to try the ideas. Why?	6. I already make healthy choices. Why?
7. I never eat at fast food restaurants. Why?	8. Other _____



My Goal: I will go to _____ web sites on the Internet to research information about food resources.

Directions:

1. Check (✓) the web sites you want to visit.
2. On a different day, complete your Report and talk to a partner.

✓	WEB SITE	DATE VISITED
<input type="checkbox"/>	USDA Food and Nutrition Services, General Information	
<input type="checkbox"/>	USDA Food Stamps, General Information	
<input type="checkbox"/>	USDA Food Stamps, Eligibility Information	
<input type="checkbox"/>	Food Stamps: On-Line Eligibility Quiz* *Please Do In Private, at home or in a lab	
<input type="checkbox"/>	USDA School Lunch, General Information	
<input type="checkbox"/>	USDA School Breakfast, General Information	
<input type="checkbox"/>	USDA WIC (Women, Infants and Children), General Information	
<input type="checkbox"/>	WIC in California: Getting to Local Agencies	
<input type="checkbox"/>	Meal Call: Programs for Seniors:	
<input type="checkbox"/>	America's Second Harvest: Food Banks in California	

*To get to these web sites, go to **My Learning Pages**, at <http://www.sdcoe.k12.ca.us/mlp/>

1. Click on Click Here to Start ,then click on Parents and Children
2. Click on Your Family's Health and Nutrition and look for the sites you are interested in.
3. On your own, you can see if you are eligible for food stamps. Go to this web site: Food Stamps Eligibility On-Line Screening Tool at <http://209.48.219.49/fns/>.



My report:

Date:

1. I went to these web sites (list names)

2. The most useful web site for me was because _____

3. The least useful web site for me was because _____

4. I used the Internet:

At home In class In a lab At the library Other

5. I will use these web sites again in the future:

6. Many people are eligible for food stamps but do not apply.
Has this lesson helped you decide to get more information about
food stamps? Circle your answer.

1

2

3

4

5

No, not
at all.

Yes, I will think about it.

Yes, I will
apply now.

7. Why?



My Goal: Over the next 3 days, I will make one change in my behavior.

Directions, Part 1:

1. Think about what you learned from the Guest Speaker.
2. Answer the questions and talk to a partner.
3. Next week, complete the Report and talk to a partner.

Question:	Answer:
1. What did you already know about the topic?	
2. What is something new that you learned from the Guest Speaker?	
3. What is <u>one change</u> you plan to make after listening to the Guest Speaker?	
4. What more would you like to know about this topic?	
5. What other topics would you like to hear about in the future?	

My report:	Date:										
1. I changed my behavior.	<table style="margin: auto;"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>No</td> <td></td> <td>Some</td> <td></td> <td>Yes</td> </tr> </table>	1	2	3	4	5	No		Some		Yes
1	2	3	4	5							
No		Some		Yes							
2. Why or why not?											
3. What are some other changes you would like to make in the future?											

Post/Pre Survey

Date: _____

Directions:

1. Circle what is true for you TODAY.
2. Circle what was true for you BEFORE the Nutrition Lessons.
3. Circle what your plans are for the FUTURE.

TODAY...? Do you...	SCALE 1=never 2=seldom 3=sometimes 4=often 5=always	BEFORE...? <u>Did</u> you...?	FUTURE...? <u>Will</u> you...?
1 2 3 4 5	...try new ideas for easy and quick cooking?	1 2 3 4 5	1 2 3 4 5
1 2 3 4 5	... try new fruits?	1 2 3 4 5	1 2 3 4 5
1 2 3 4 5	... have your family try new fruits at home?	1 2 3 4 5	1 2 3 4 5
1 2 3 4 5	...make healthier choices at fast food restaurants?	1 2 3 4 5	1 2 3 4 5
1 2 3 4 5	... use the Internet to find information, about food assistance programs?	1 2 3 4 5	1 2 3 4 5
1 2 3 4 5	...help someone get help with food assistance programs, like food stamps?	1 2 3 4 5	1 2 3 4 5
1 2 3 4 5	...cook and prepare food safely at home?	1 2 3 4 5	1 2 3 4 5

Part 2: After studying about Nutrition in the lessons, what are you doing now that you were not doing before? What are you planning to do in the future? Write a paragraph.

Teacher's Report to Student

Interest Survey Completed: Date _____

Lesson

1.	Not able to assess/ No Progress reported	Progress reported	Goal met
2.	Not able to assess/ No Progress reported	Progress reported	Goal met
3.	Not able to assess/ No Progress reported	Progress reported	Goal met
4.	Not able to assess/ No Progress reported	Progress reported	Goal met
5.	Not able to assess/ No Progress reported	Progress reported	Goal met
6.	Not able to assess/ No Progress reported	Progress reported	Goal met
Post/Pre Survey	Not able to assess/ No Progress reported	Progress reported	Goal met

Teacher's Signature: _____

Date: _____