

**Name** \_\_\_\_\_

## A Week in the Life of Your Stomach

Directions: Recall everything (as much as possible) that you ate and drank in the past week. Absolutely every single thing possible! In the chart below, list everything you consumed from morning until night for each day of the past week. In column A, put an X beside the items you believe to be **nutrient dense**. A **nutrient dense** food or beverage is more beneficial for maintaining optimal health because it will provide a rich number of nutrients in relation to the calories. In column B, put an X beside the items you believe have little or no nutritional value. Determine which column has the most marks.

[illegible]

**Turn Over→**

Directions: Answer the questions below as they relate to the chart you completed on the other side.

1. How many X marks does each column have?
2. In three or more sentences, explain what this activity reveals about your eating habits?
3. What are five examples of healthy, nutrient dense foods that you do not eat but should eat?
4. What factors do you think affect your food choices the most? In other words, what are the main reasons you eat the things you eat most often? List a minimum of five (5) factors.