

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 of the past 5 days. In the columns next to food and beverage, place an X next to items that are red light items (VERY unhealthy; don't consume often), yellow light items (consume in moderation only) or green light items (fine to consume regularly). **Turn paper over and respond to all questions.**

[illegible]

Turn Over→

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

1. How many marks in the red column? Yellow? Green?
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.