DIETARY REFLECTION ESSAY

OBJECTIVE: COMPARE 7-14 DIETARY ANALYSIS (WHAT YOU EAT) AND www.choosemyplate.gov FOOD PLAN (WHAT GOVERNMENT SUGGESTS YOU EAT) AND REFLECT ON YOUR DIETARY PRACTICES.

DIRECTIONS:

1. PLEASE WRITE A 1 PARAGRAPH INTRODUCTION ON YOUR INITIAL THOUGHTS OF THIS ACTIVITY, WHAT YOU HOPE TO LEARN FROM IT, AND YOUR PRE-MEDITATED THOUGHTS OR ANTICIPATIONS YOU HAD REGARDING THIS ACTIVITY. YOU CAN ALSO TALK ABOUT WEAKNESSES OR STRENGTHS YOU KNEW YOU HAD GOING INTO THIS PROCESS (YOU KNEW YOU ATE TOO MUCH RED MEAT, TOO MUCH FAT, TOO LITTLE DAIRY, ETC).

2. PLEASE WRITE 1 PARAGRAPH ADDRESSING EACH FOOD CATEGORY FOR A TOTAL OF 6 PARAGRAPHS. (1 PARAGRAPH = MINIMUM OF 5 SENTENCES). REFLECT ON TYPES OF FOODS, AMOUNTS, WHEN YOU USUALLY CONSUME THEM, ETC. ONE PARAGRAPH SHOULD BE DEVOTED TO EACH:

   A. PROTEIN
   B. VEGETABLES
   C. FRUITS
   D. GRAINS
   E. DAIRY
   F. FATS, OILS, SWEETS

3. WRITE A 1 PARAGRAPH SUMMARIZATION OF YOUR DIETARY PRACTICES, YOUR STRENGTHS, WEAKNESSES, AND FUTURE GOALS AND AMBITIONS REGARDING YOUR DIETARY PRACTICES. THIS SHOULD ALSO BE 1 PARAGRAPH.

4. ALL TOGETHER, THE ASSIGNMENT SHOULD BE 8 PARAGRAPHS IN LENGTH, WITH EACH PARAGRAPH BEING A MINIMUM OF 5 SENTENCES LONG.