**Foods Need Record (Diary) Assignment**

1. Using the attached chart, record all the food you eat at the 4 different times of day: Breakfast, Lunch, Dinner and Snacks for **2 weekdays** and **1 weekend day** (Saturday **or** Sunday)
2. For each food eaten, record why you ate these foods. State whether it was purely a **physical reason** (hunger, thirst, needed energy) or a **psychologica**l **reason** (family time, social time, emotional time, party/event).
3. Finally evaluate your personal eating habits. Answer the questions below the food diary. **Make sure you use the terminology learned in class to describe your habits.**

**Rubric**

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| **Criteria** | **Level 4+**  **100-90**  **All completed with excellent detail** | **Level 4**  **89-80**  **All completed with good detail** | **Level 3**  **79-70**  **Completed but needs more detail** | **Level 2**  **69-60**  **some** | **Level 1**  **59-50**  **limited** |
| **You made connections about personal food intake and the reasons for eating these foods** |  |  |  |  |  |