Every year we do a nutrition project that takes a full week to complete. The students spend two days completing a food log consisting of all of the foods and drinks they consume. I teach them about how food is measured so they can record the cups and ounces of food they have consumed. We then go to the computer lab and use an online database to look up all of their food items and calculate the nutrition value of each food and drink. Then, they use another website to look up their daily nutrient information using an online calculator that takes into consideration their height, weight, age, and activity level. Using these recommendations, the students compare what is suggested to what they consume and make conclusions regarding the quality of their food intake. They also learn how to read a food label and we spend a considerable amount of time discussing and looking at what constitutes a serving size. After completing this lesson I hope that they have a better sense of how to balance their intake and that they understand portion size. I feel that this is very important information because our population has a skewed understanding of portion control due to our own lack of knowledge and inappropriately large meal sizes served at restaurants and fast food chains.

Here are the websites that we use for this project:

http://www.calorieking.com

http://www.marathonguide.com/fitnesscalcs/Caloricneeds.cfm