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Food Diary--keep throughout the day

Spend one day this week writing down everything that you eat. Keep a small notebook/notecard with you so that you **write it down immediately--DO NOT** wait until the end of the day and then list everything you ate.

Your entries should look like this:

Time of day, Name of food, amount of food (estimate a size--one cup? one handful? one scoop? etc)

9:15 a.m., One piece of whole wheat bread, toasted, with 2 Tablespoons crunchy Jif peanut butter and 1 Tablespoon homemade strawberry jam.

9:15 a.m., One large cup of black decaf tea with two packets of splenda.

After keeping your 24-hour food journal, write a one-page reflection. Include the following headings: Calories consumed (estimate); Things learned; Applications to class readings/activities (such as Bittman or our junk food activity or our visual literacy exercise); Questions I still have.

Post both your journal AND the one-page reflection on our CourseConnect site.