Name _____
Date _____ S.A. #____
Hour _____

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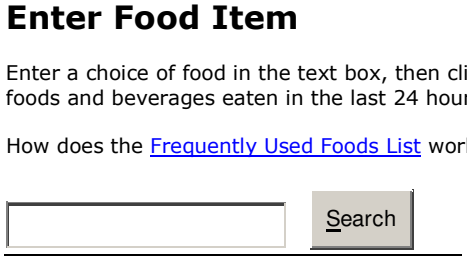
## Summative Assessment - Dietary Analysis Report Data Worksheets

READ CAREFULLY!!! Welcome to the PROJECT part of your Dietary Analysis Report. You will be entering information from your DAILY FOOD LOG into the computer today. I hope that you've been keeping track of your food intake along with amounts and the details of each food item. Please follow the directions below to gain access to your dietary analysis. **NOTE: DO NOT use your back arrow once you have logged in, it will kick you out of the program and you may have to do parts over again**.

Steps to log in:
1 – Log into computer.
2 – Go to www.mypyramidtracker.gov website.
3 – CLICK on **Assess Your Food Intake**
4 – You will come to a LOGIN screen where you need to look for the words *please click here to register*. Click on the word *here*.
5 – Fill in the registration information including user ID, password and email.
(Use your Oregon Middle School User ID [plus two zeros] and Password Number for your codes.)
6 – Fill out the *Profile* with Age, Gender, **Date for first Food Date Entry,** height and weight.
7 – Click the button that says **Proceed to Food Intake** for the date chosen above.
Steps to log food intake:
8 - At this time you will see this screen below:




9 - Proceed to enter food item names as close to what you ate in the Search Box. **HINT**: If you ate/drank an item (i.e. skim milk) everyday, add that to your *Frequently Used Foods* list so that you can save time on the next days food entering.
10 – Once you have entered all your foods for the date chosen, and they are lined up alphabetically on the right side of the screen, click the button that says **Select Quantity**.
11 - This is where it was *very* important to list the amounts in cups, ounces, tablespoons, etc. how much you ate so that you can choose the closest options on this screen. Don't forget after you choose the serving size to fill in the blank that says **Number of Servings** on the right side as well.
12 – Once completed with that day, *click* on the button that says **Save & Analyze**. You will come to the *Analyze Your Food Intake* screen. *Hint:* I would wait until all your screens are complete before clicking on any of these options. Proceed to back sheet…
13 – On top row of options to click on, *click* on **Update Profile** and change to the next date of food log dates to complete. Continue with steps 7-13 for all the days (4 days minimum recommended) you tracked your food intake.
14 – You should have all your foods entered for your days, now work on your activity logs until complete.

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15 - The Real Analysis…

If you have already logged in, click on the **Analyze Your Food Intake** button on top row of options. You will see 5 options below to choose from. To get to this screen you would have chosen a date (probably the last day you entered for your food log). I would start with the **Meeting 2005 Dietary Guidelines (DG) »** screen. Click on it and see what that day looked like in terms of the Food Guide Pyramid as well as the Guidelines on the main nutrients discussed. Continue to look through the data to complete questions below. Here are *some* of the questions that should be in your final written one page report:

A. What are the three goal areas that you can work on to improve balance in your life-long diet?
B. What specifically can you do to add, subtract or modify what you are eating to improve that?
C. How can you prove with data from your analysis sheets below that you have specific measurable objectives planned to change your life-long diet? (think step-by-step plan with data from pgs 3-6)…

16 – You will continue on the next day to gather information and data to write your report. If you are close to done with this step on day one, you will be well on your way to completing this report.

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Step 17 – You now have completed submitting all food from your food logs.
Click on the *Analyze Your Food Intake* area in Mypyramid to view the following four areas of your research:
*Meeting 2005 Dietary Guidelines – Shows food guide pyramid **RDA** and your calculated DAILY amounts.
*Nutrient Intakes – Shows DAILY **RDA** related to the main 28 nutrients that your body needs.
*MyPyramid Recommendations – Shows a graph of how your DAILY foods eaten compare to **RDA**.
*Healthy Eating History – Data collection includes, **RDA** of foods eaten, daily amounts and trend graphs
You will have to go through these four areas to answer the following questions.
NOTE: To avoid getting kicked out of the program, please **ONLY** click on *Analyze Your Food Intake* to go back, **NOT** the back arrow!

18.) Click on *Nutrient Intakes* to complete page 6 Column B for 4 days that you logged your food intake:

19.) **CIRCLE amounts in Columns B (I through IV) where you were ADEQUATE** for that nutrient compared to the **Recommended Daily Allowances** (**RDA**) **in page 6 graph column C**.

20.) Pick 3 areas according to the **RDA (column E)** for each nutrient consistently LOW on. Why were you?

- 
- 
- 

21.) Under *Healthy Eating History*, compare **RDA** for **carbohydrates, proteins and fats** (pg. 6, column C) to your avg. amounts (pg. 6, column D), write down and mention if your amounts were high, low or similar.

| **Energy Source** | **RDA** | **Average under Healthy Eating History** | **High, low or similar** |
|---|---|---|---|
| Carbohydrates | | | |
| Proteins | | | |
| Fats | | | |

22.) After looking at many areas in your research in comparing your average amounts with the RDA for that nutrient, what is an area that you feel is consistently high or low that you need to work on? Use for report.

23.) What can you do to work on that specific nutrient area? Be ***specific***… (hint, click the nutrient's name under *Nutrient Intakes* for more data on how to change the amount of that nutrient in your life-long diet.)

Exercise related food needs: Notice the different in calories between RDA for a day you exercised…
24.) On average, what was the amount of calories (kcals) needed under RDA for a day where you did add your activity logs into the MyPyramid Tracker program? A day where no activity was added? Compare…

_____

25.) How is your intake of food affected by exercise? _____

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26.) Proteins, Carbohydrates and Fats are your body's 3 energy sources from foods. In question #21 you found out the RDA for each of these 3 energy sources. Find the actual percentage (%) of where your average daily intake of calories came from? Follow the math below to find the answers for question #27. (Calculate this by finding the total grams in each and then multiply by the energy level that each calorie is equal to.) **Three percentages below should equal 100%***

Proteins - _____ grams (pg 6 chart-2,D)
X __4__ calories
= _____ calories (divide by _____ total avg. calories (pg 6 chart-1,D) = _____ **%**

Carbos - _____ grams (pg 6 chart-3,D)
X __4__ calories
= _____ calories (divide by _____ total avg. calories (pg 6 chart-1,D) = _____ **%**

Fats - _____ grams (pg 6 chart-5,D)
X __9__ calories
= _____ calories (divide by _____ total avg. calories (pg 6 chart-1,D) = _____ **%**

27.) Discuss how your figures from #26.) compare with the below recommendations (**RDA** %) for Americans.
Proteins (*12-15%*) - ____ % - _____
Carbohydrates (*55-60%*) - ____ % - _____
Fats (*less than 30%*) - ____ % - _____

28.) A diet consistently below 67% of the RDA in three or more nutrients (vitamins and minerals) is considered to represent dietary deficiencies. Were you below 67% (compare page 6, column C to column D) of the RDA in any vitamins or minerals? YES or NO If so, which ones? Why do you think that happened?

I was low/high in _____ because _____

I was low/high in _____ because _____

I was low/high in _____ because _____

29.) Which of the dietary guidelines for the following did you **NOT *follow***? Fiber, total fat, saturated fat, cholesterol, sodium, and kcalories (calories, food energy)? Why do you think this happened?

I did not follow _____ because _____

I did not follow _____ because _____

I did not follow _____ because _____

30.) Look at the *Meeting 2005 Dietary Guidelines* charts for each day. Which food type did you have more neutral or frown faces compared to others? What were those foods and what was the avg. compared to RDA?

***Tonight I would recommend printing off one of each screen in *Analyze Your Food Intake.****

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GOALS & MEASURABLE OBJECTIVES for REPORT

31.) In the end what do you feel that you learned that you didn't know before about your diet? Come up with a goal and 3 measurable objective steps to improve your healthy food intake?
***Goal:

32.) 3 Measurable Steps:
A.)
B.)
C.)

33. List two weak points of your diet. _____

_____

34. List two strong points of your diet. _____

_____

35. List and explain how you would implement two specific dietary modifications that you could make in your eating patterns to improve your diet.
_____

_____

**"THE BIG QUESTIONS":**
In not more than one page (typed), use the data above to evaluate your diet as outlined in the rubric.

Use the above information from pages 3, 4, 5, 6 to help you answer the following big questions:
36. What areas did you have dietary deficiencies (not enough) and adequacies (enough) which could be improved? What sources of foods were these from? Turn these into **Goals** to improve your life-long diet.

37. What are specific **Measurable Objectives** with supporting data from above that help you reach goals?

38. Lastly, what did you feel are the next steps in creating life long healthy eating habits?

*39.* Use and underline five (5) of the following words in written report: **RDA, calories (kcal), moderation, balance, vitamins, nutrients, life-long diet, excess, deficiency, food guidelines, food pyramid**

***Hint***: (KEEP ALL SHEETS) You will be writing a one page analysis of the data you collected. I will give you a rubric next week and the paper will be due on _____.

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| **Column A: Nutrients** (same list as *Nutrients* webpage under *Analyze Your Food Intake*) | **Column B:** I: Date ____ | II: Date ____ | III: Date ____ | IV: Date ____ | **Column C:** Expected level on *RDA* column (in *Nutrient Intakes* webpage) | **Column D:** Average level on *Healthy Eating History* webpage | **Column E:** Was column D *high*, *low*, or *similar* compared to column C? (*RDA*) | **Column F:** Explain why Column E was high or low? (ex. exercise, fast food, etc.) |
|---|---|---|---|---|---|---|---|---|
| **1** Calories (kcal - Food Energy) | | | | | | | | |
| **2** Protein (grams) | | | | | | | | |
| **3** Carbohydrate (grams) | | | | | | | | |
| **4** Total Fiber (grams) | | | | | | | | |
| **5** Total Fat (grams) | | | | | | | | |
| **6** Saturated Fat (grams) | | | | | | | | |
| **7** Monounsaturated Fat (gm) | | | | | | | | |
| **8** Polyunsaturated Fat (gm) | | | | | | | | |
| **9** Linoleic (omega 6) (gm) | | | | | | | | |
| **10** A. Linoleic (Omega 3) (gm) | | | | | | | | |
| **11** Cholesterol (mg) | | | | | | | | |
| **12** Vitamin A (mcg RAE) | | | | | | | | |
| **13** Vitamin C (mg) | | | | | | | | |
| **14** Vitamin E (mg α-TE) | | | | | | | | |
| **15** Thiamin (mg) | | | | | | | | |
| **16** Riboflavin (mg) | | | | | | | | |
| **17** Niacin (mg) | | | | | | | | |
| **18** Folate (mcg DFE) | | | | | | | | |
| **19** Vitamin B6 (mg) | | | | | | | | |
| **20** Vitamin B12 (mcg) | | | | | | | | |
| **21**Calcium (mg) | | | | | | | | |
| **22** Phosphorus (mg) | | | | | | | | |
| **23** Magnesium (mg) | | | | | | | | |
| **24** Iron (mg) | | | | | | | | |
| **25** Zinc (mg) | | | | | | | | |
| **26** Selenium (mcg) | | | | | | | | |
| **27** Potassium (mg) | | | | | | | | |
| **28** Sodium (mg) | | | | | | | | |