

FCS 207: Rate What You Ate Assignment

PROJECT OBJECTIVES: By writing a paper assessing dietary intake for two days compared to standards, students will practice and demonstrate:

- ⇒ The ability to conduct research
- ⇒ The ability to analyze data
- ⇒ Clear, coherent and succinct writing skills

For this assignment you will determine your recommended calorie and food group intake based upon the MyPlate Eating Plan. Then, you will keep a 2-day food record and compare your intake to those recommendations. You will use iProfile from Wiley Plus to perform your **dietary assessment**.

1. For two days in a row, keep track of all of the foods and beverages that you consume as well as your physical activity. **You will need to pay attention to portion sizes**, measuring when appropriate. **DO NOT CHANGE YOUR EATING HABITS** for these two days. Just eat as you normally would and keep a record of what you eat and how much. That way, you will get an accurate record of your current diet.
2. Once you have recorded the two days worth of intake, go to Wiley Plus.
3. Scroll down to the bottom of the home screen and at the bottom is “Key Resources.”
4. Click on the “iProfile” icon (picture of cross section of various citrus fruits.)
5. Click on “Profile” at the top left of the screen. Create a new profile. Enter all of the necessary information about your age, gender, height, weight, and physical activity status. Then click “Save Changes”
6. Then, go to “Food Journal” at the top of the screen.
7. Click on the correct date on the calendar and then begin to enter your food for that day. You will enter all the food and beverages you consumed over the two days here. Under the area that says “Search Foods/Recipes” enter the name of the food item, click “Search” and then choose the best match for that particular food.
 - Searching for foods can be challenging. While they are both “chicken,” there is a big difference between fried chicken wings and a grilled skinless chicken breast. Choose the foods from the list provided carefully.
 - Realize that you may need to break foods down into their basic components in order to enter them effectively (for example, *turkey, cheese, bread, mayo, lettuce and tomato* may need to be entered individually instead of *turkey sandwich*).
 - You will also need to pay attention to portion sizes and enter them correctly.
 - Use the “Estimating Portion Sizes” tool at the upper right corner to help you.
8. Once all of the foods are entered for Day 1, change the date on the calendar and enter all of your food items for Day 2.
9. Once both days have been entered, click on “Activity Journal.” Select the correct date and enter your physical activity for the two days that you are keeping track of. If you do not have any physical activity to enter, you can skip this step.
10. Once all of your foods and activities have been entered, go to “Reports” at the top of the screen. You will need to print the reports listed below. To print reports:
 - Select the the correct dates on the calendar,

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- Click the “Wizard” icon on the right side
- Click the following boxes:
 - Macronutrient Distribution
 - Food Journal Summary → View by Meal
 - Intake compared to DRI → Complete View
 - Activity Journal Summary
 - Energy Balance
- Click the “Print” icon

REPORTS TO BE PRINTED (total of 5 reports):

Macronutrient Distribution

Food Journal Summary

Intake Compared to DRI

Activity Journal Summary

Energy Balance

Using the printed information provided to you by iProfile, you will answer the following questions. Be sure to evaluate your diet based upon both the individual days and the two-day reports. **The total page limit for the four questions is 2 pages, double spaced.** Be clear, thoughtful and succinct in your responses. The 2 pages does not include the report template.

1. In which nutrients (both macro and micro) did you meet the recommended goals; not meet the recommendations; exceed the recommendations? Which foods contributed to you meeting the recommended goals in each area? Discuss any major differences that occurred between the two days. Were you able to balance your intake out over two days? Discuss how your diet does or does not reflect the principles of balance, variety and moderation. Based upon your intake in each of the food groups, what **key** nutrients might you be missing from your diet; what nutrients might you be getting excess amounts of? (Think of the macronutrients and the vitamins and minerals we have discussed in class)
2. Where did your **calorie intake** fall with regard to the recommendations? Discuss any differences that occurred between the two days of intakes. Were there any foods that greatly contributed to your calorie intake?
3. Discuss and make **SPECIFIC** suggestions as to how you could adjust your diet to be more in line with the goals in each area (specific food groups and calorie levels) that you either exceeded or fell short of recommendations. This can include dietary as well as physical activity changes.
4. Discuss how physical activity plays a role in your energy balance equation. How might you adjust your physical activity to better meet your needs?
 - 5 printed reports listed above.
 - 2 page paper (double spaced) discussing results based on questions above

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You will be graded using the following rubric:

| SPECIFIC TOPIC | POINTS (MAX = 40) |
|--|------------------------------|
| <ul style="list-style-type: none"> ○ Includes all required printouts and dietary assessment for two days. ○ Foods are appropriately entered (attention to specific types of foods, cooking methods and portion sizes) | /4 pts |
| <ul style="list-style-type: none"> ○ Intake accurately assessed and clearly discussed with regard to foods and daily recommendations. (See Q#1) | /5 pts |
| <ul style="list-style-type: none"> ○ Intake accurately assessed and clearly discussed with regard to calorie recommendations. (See Q#2) | /5 pts |
| <ul style="list-style-type: none"> ○ Clearly identified and discussed the differences (if any) between intake on the two days. ○ Clearly discusses the importance of balance, variety and moderation in the diet. ○ Clearly and accurately discusses the different nutrients found in different foods | /8 pts |
| <ul style="list-style-type: none"> ○ Accurately assesses and clearly discusses impact of physical activity on dietary intake AND dietary analysis. | /5 pts |
| <ul style="list-style-type: none"> ○ Accurately identifies areas for change in the diet. Clearly makes specific and appropriate recommendations to improve diet to more closely meet recommendations. | /4 pts |
| <ul style="list-style-type: none"> ○ Paper is well written: Coherent with attention to writing flow, grammar, spelling, sentence structure, tense. ○ Up to 2 pages in length, double-spaced, not including the template information. ○ Any references used are appropriately cited, using APA format. | /5 pts |
| TOTAL POINTS | /40 pts |