**FOOD LOG ANALYSIS**

Write a one page paper (typed) analyzing your Food Log. Use the information you learned in class regarding nutrition and refer to Canada’s Food Guide for more information. Some of the questions to answer could include:

1. Did you skip any meals (breakfast, lunch, dinner) during any of the days?  If so, please explain when and why.

1. Which of the 4 food groups should you have eaten more of?  Explain your answer and tell me how many more servings you should be eating for each of the food groups you may have been lacking in.

1. What is **one** specific thing you can do to include more of the food groups that your diet was lacking over the 4 days?

1. Are there any food groups in which you are eating **too much** of?

1. Which of the food groups are you consuming enough of? Explain.

1. What have you learned about yourself and your eating habits after completing your 3 day food log? Please reflect thoroughly and respond with thought.

Please hand it in via TEAMS. Due Friday November 18 at 4 pm!