

Nutrition Assignment

Part A

The Dream

Your task is to create a menu/meal plan for yourself for a 3 day period which demonstrates your understanding of a healthy and balanced diet.

1. Search Canada's Food Guide for recommendations and categories, and portions for your age group. You will need to look for an older version (2018 or earlier) as the latest update does not include portion size.
2. Choose foods that you normally eat, or would be prepared to eat. It wouldn't make sense to include kale, if you gag at the thought of it!
3. Consider substitutions because of allergies, dietary restrictions and lifestyle choices. For example, what choices do you make for protein if you are vegetarian, or for carbohydrates if you follow a gluten-free diet, or are lactose-intolerant?
4. Prepare a grid to include about 3 days. Include Breakfast, Lunch, Dinner, and morning, afternoon, and evening snacks. Just note if you do not eat snacks or some meals.

	Day 1	Day 2	Day 3		
Breakfast					
Snack am					
Lunch					
Snack pm					
Dinner					
Snack pm					

Part B
The Reality

5. Prepare a similar grid for a 3 day period which includes what you actually eat.

	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

Snack			

- 6. How does your 3 day diet compare with the planned and balanced meal plan you prepared? Are you following a healthy and balanced diet? Are you lacking foods from any of the categories? What changes could you make to compensate for this?**