

Activity

Health Inventory

Making Healthy Choices

Below is a questionnaire about eating a healthy diet. Put a check next to each statement that describes your eating habits.

- _____ 1. I eat a lot of sweets.
- _____ 2. I eat a lot of fatty foods.
- _____ 3. I eat less than 2 servings of milk, yogurt, and cheese per day.
- _____ 4. I eat less than 2 servings of meat, poultry, fish, dry beans, eggs, and nuts per day.
- _____ 5. I eat less than 3 servings of vegetables per day.
- _____ 6. I frequently skip meals.
- _____ 7. I eat less than 2 servings of fruit per day.
- _____ 8. I eat less than 6 servings of bread, cereal, rice, and pasta per day.
- _____ 9. I am always dieting.
- _____ 10. I have recently experienced a rapid weight gain or loss.
- _____ 11. My eating is out of control when I am upset or nervous.

Give yourself one point for each checkmark. Write your score here _____.

1-2: Your diet is healthy overall.

3-4: Your diet is pretty good, but could use some improvement.

5-6: You should try making a meal plan so you can eat the proper nutrients.

More than 6: You are not eating a healthy diet. Try making a meal plan so you can eat the proper nutrients. Talk to the school nurse or another trusted adult if you think you may have an eating disorder.

8th

Lesson: Nutrition and Your Life

Write a short paragraph describing your diet. Discuss what you eat, how much you eat, and how often you exercise. Conclude your paragraph with a discussion about the things that you need to change to become a healthier person.

Lesson: The Nutrients You Need

Make a list of as many essential nutrients as you can. Next to each nutrient, explain what that nutrient does for your body. For example, under *carbohydrate*, you could write *provides energy*.

