Nutrition Portfolio Instructions and Descriptions

For this assignment you will create a nutrition portfolio that you can keep, use, and add to forever. The portfolio cover sheet lists everything you will need to include. In addition extra credit and choices are offered for some assignments. Make sure you review the cover sheet and the following instructions carefully so you earn full credit, but also so you don’t do unnecessary work! Feel free to ask questions in class, during PAWS, after school, or email me at jdevore@fcusd.org.

You will lose 10% off your portfolio grade for every day it is late, including Wednesdays when we don’t have class. If you need to use a printer for your work, the library is open a half an hour before and after school, PAWS, and lunch, and charges 10 cents per black and white page.

Extra Credit Cover: Decorate the cover of your folder with at least 10 items (or 1pt per quality item up to 10pts)
- Suggestions include: Images that motivate a healthy lifestyle, healthy foods, motivational quotes, and other types of inspiration.
- You may want to glue on your items, then use clear packaging tape or a clear sticky page protector (like a book cover page) to seal the items on the front. Simply glued on items will fray and tear over time.

1. Lifelong nutrition goals – 15 points (typed): After the cover sheet, the first assignment should be a TYPED page of 3-5 lifelong nutrition and fitness goals (DO NOT COPY MY GOALS).

Your goals should follow the SMART method:
S: Specific & Measurable (Your goal should be very specific, ex: Drink at least 80oz per day)
M: Meaningful: Describe why you are choosing this goal, what is the meaning to you/why it’s important, and how will it affect you if you are successful? This step explains the goal’s VALUE to you.
A: Action-Oriented (Steps* or actions to do to help you, ex: Buy 2 reusable water bottles and bring at least one with me each day to school) *Write as many steps or actions as you need, not limited.
R: Resources (People, technology, etc. Ex: Have my mom remind me to pack my water; set an alert on my phone to go off at 7:15am each morning to remind me and put a note on the refrigerator)
T: Timely (Time period, Try it every day for 2 weeks keeping track on a notes page on my phone how much water I drink per day, then reassess my goal)
- You can write 1 long term goal followed by 2+ short term goals to help you achieve the long term goal. You can repeat for fitness goals as well.
- Your credit will be determined by having at least 3 well written, thought out goals that follow the SMART steps above.

2. 2 Days of a Nutrition Assessment – 25 points: Using your food logs, choose 2 days to assess online or on an app. You should choose days that include multiple meals and represent average days. You can choose one poor day of eating and one balanced day to see the difference (good idea!). You should NOT assess any day that has less than 3 meals and ~10 foods). Include drinks except for water, unless you want to.
   - You will either need to print your results or neatly hand write them from an app, etc. Most apps are also websites where you may find a “print” function. Or you can screen shoot your results and print the picture.
   - Your results must include all the major nutrients that are on the last page of your “Calorie Internet Assignment”
You must include a TYPED reflection about your results. Include the app or site you used, describe your overall thoughts about how well you met your nutrient needs, note any nutrients that are high or low in unhealthy ways, and describe changes you should or could make to your diet to improve your results.

Free Assessment sites/apps: MyFitnessPal, Lose It!, SparkPeople, MyNetDiary, Supertracker on myplate.gov

3. **Calorie Internet Assignment – 20 points**: This was the 4 page assignment given in class; it is worth 5 points per page. Please make sure it’s complete and accurate. Take some time to go back over it and fill in any blank spaces. If you would like another copy, it is located on my teacher website.

4. **A balanced day using the reverse “pyramid” + your calorie needs – 5 points**:
   - You can draw/hand write this assignment neatly using ink (no pencil).
   - Based on your personal calorie needs, draw an upside down rectangle making the top the longest section and gradually tapering it towards the bottom.
   - Then, section it off based on the number of times you eat per day. For example, if you typically eat breakfast, snack, lunch, snack, and dinner, you would have 5 sections.
     - You SHOULD be eating breakfast and at least 3x per day, so I expect to see a section for breakfast and at least 3 sections in your pyramid.
   - Next, on the outside of each section, write down your approximate calorie goals for that meal or snack, and then inside that section write down some nutritious foods. When your “pyramid” is completed, you should have a balanced day of foods and have met but not exceeded your calorie needs.

5. **Healthy Foods T-Chart – 20 points**: Almost like we did in class, you are creating a T-Chart that has 4 sections and each one has a list: 10+ meal ideas for breakfast, lunch, and dinner plus an additional 10 ideas for snacks. YOU ARE NOT listing 10 separate foods for the meals, you are actually writing MEAL ideas! For example: breakfast- whole wheat bagel toasted with avocado and a scrambled egg; lunch- PB&J on whole wheat with carrots, hummus, and an apple. Be creative, search for ideas by asking others, online, or on our classroom wall!

6. **Favorite Food Visual – 3 points**: This was a homework assignment previously completed. Add it to your portfolio. If you would like another copy of the assignment, it is located on my teacher website.

7. **Nutrient Notes – 10 points**: 3 pages total completed in class, if you would like another copy, it is located on my teacher website or they are available in class.

8. **Top 10 Lists: Choose 3 – 6 points each**: You are creating 3 separate Top 10 lists, most likely on separate pages (see example on my website). You will need to use the internet or other reliable sources for your research. DO NOT simply copy and paste the information, that’s plagiarism! Instead, paraphrase and/or summarize what you learned and CITE YOUR SOURCE(s). You will not earn ANY credit if you do not accurately cite your source (you may copy/paste your source= ex: http://www.allaboutwater.org/drink-water.html).
Top 10 List CHOICES – PICK 3: 1 of your 3 choices can be related to fitness, the other 2 should focus on nutrition.

- Top 10 reasons to eat breakfast
- Top 10 reasons to exercise regularly
- Top 10 reasons to avoid fast food/junk food/processed food *(can only choose 1 of these 3)*
- Top 10 ways to eat healthier in a restaurant
- Top 10 reasons to eat a lot of vegetables
- Top 10 nutrient dense foods
- Top 10 foods that zap your energy or boost your energy/metabolism *(choose 1)*
- Free choice Top 10 list related to nutrition or fitness

9. **Portion Sizes & Recipe Substitutions – 5 points each (2 parts + optional 5pts extra credit):**
   - In class I used basic objects and parts of your hand to help you understand healthy portion sizes. For this assignment, create a list of at least 10 objects or other items to help you remember what healthy portions of food look like.
     - **EXTRA CREDIT OPTION:** For the portion sizes, include pictures of each object/item for +5 points of extra credit
   - Then, create a list of at least 10 simple ingredient substitutions you can do to make recipes healthier.
     - For example, instead of a whole stick of butter, use half of a stick and a half a cup of applesauce.
   - **REMEMBER:** DO NOT COPY & PASTE! You must cite at least 2 sources.

10. **Eat This, Not That – 8 points (+ 5 extra credit if you include a picture of you with your plate of butter)**
    This assignment was completed in class. On the “Not That” page you wrote an unhealthy meal from a restaurant and added up the nutrients. On the opposing “Eat This” page your wrote a healthier meal from the same restaurant with its nutrient totals. In class we measured out the fat in your unhealthy meal using a butter substitute. If you include a picture of your plate of butter you can earn 5 additional points. I still have a tub of butter in class if you would like to use a PAWS day or stay after school to create your visual.

11. **Organic Food Information & List – 15 points: 2 parts and don’t forget to CITE your sources! (3 total)**
    **Part 1 – 10 points:** Write a paragraph describing: *(1 source cited minimum)*
    - What “certified organic” means for produce (fruits & vegetables), meats, dairy, eggs, nuts, seeds, and beans.
    - Explain whether organic foods have more nutrients than non-organic food.
    - Explain why organic food is more expensive than non-organic food.
    - Finally, explain your opinion regarding organic foods and whether you think there is value and which, if any, organic foods do you intend to buy?
Part 2 – 5 points: Using at least 2 separate websites or other sources for information, create a list of foods that should be purchased organic. Make sure you include all types of foods, not just produce. You may want to create food categories, alphabetize, or create some other way to organize your foods. Then, include a list of foods that do not need to purchased organic. Cite your sources (2+).

12. List of produce by season in North America + locations of 2 nearby Farmer’s Markets – 5 points + Extra Credit Option (+5-10 points possible):
   - Create or copy/paste a list of the produce that is in season for all 4 seasons in N. America
     - Cite your source(s)
   - Copy/paste the locations (including address) and days/times for the 2 closest Farmer’s Markets to your home.
   
   Extra Credit Option: Visit one of the local Farmer’s Markets on your list and take a picture of yourself there. Include your photo(s) in your portfolio along with a description of your experience. (5-10 points)

13. Multimedia & Nutrition Resources – 1 pt each = 15 (+Extra Credit Options - limit 1 for this assignment):
   Create lists with descriptions for each of the following resources:
   - 5+ Websites that have reliable health, nutrition, and/or fitness information
     - Provide the website name and a brief summary about the types of information that are on each website
   - 3+ Documentaries about food and/or nutrition you are interested in watching
     - Provide the title and a brief summary of what each movie is about
     - Extra Credit (+5-10 points): Watch one of the documentaries, take detailed notes as you watch it, and then write a summary of the movie, including what you learned that you can personally apply to your life. Include your notes and the summary in your portfolio.
   - 1+ nutrition and/or fitness app(s) for a phone or tablet
     - Provide the title of the app and a brief summary of its functions
   - 2+ Books about food and/or nutrition that you would be interested in reading/reviewing
     - Provide the title and author and a brief summary of what each book is about and why you chose it
       - 1 of your 3 books CAN be a recipe book
       - Searching Amazon would be a great idea for this one!
     - Extra Credit (+5-10 points): Read one of the books from your list, take notes as you read it, and then write a summary of the book, including what you learned that you can personally apply to your life. Include your notes and the summary in your portfolio.
   - 2+ Fitness gyms or studios (yoga, boxing, pilates, etc.) that you would be interested in trying (this does not include memberships or classes you are already taking).
     - Provide the name, location, what they offer, the cost, and a brief reason for your interest
     - Extra Credit (+5-10 points): Complete 1-2 trial sessions at one of the locations on your list (they should be FREE). Include a summary of your experience, the types of exercises you did, if you enjoyed your experience, etc.
2+ Health assessment locations in the greater Sacramento area: Locate 2 companies that offer health assessments (body fat testing, nutrition consultations, VO2 Max testing, etc.) and provide their business name, location, types of assessments, costs, etc.

- **Extra Credit (+5-10 points):** Visit one of the locations on your list (you may need an appointment before you go) and either write a summary of what you learned through visiting and conversations with the employees, or actually complete one of the assessments offered and write a summary of your experience, results, and how you can use the assessment to improve or maintain your health.

14. **Your Health by the Numbers 5 points for including and completing it + extra credit option**
   I have created a document for you that has some important numbers regarding your health (especially your heart health). You will need to complete some reteach to fill in information in these pages and there is an option of extra credit if you are able to see a doctor and have some routine tests done.

15. **Research Assignment: pick 1 topic – 17 points:** For this assignment you are thinking about a nutrition or fitness related topic that you would like to learn more about. Ideas are below, but if you come up with your own, please discuss it with me first.
   - Your paper needs to be typed, 12pt font, 1.5” spaced, and at least 1 page with a title. You **DO NOT** need a header at the top corner since it’s in your portfolio (it just wastes space!)
   - **1st Paragraph:** Identify your topic, why you chose it, why it interests you, what you already know about the topic (before you research), and what you want to learn about it (at least 2 ideas)
   - **2nd Paragraph:** Summarize the information you learned from your research. 5 sentences minimum.
   - **3rd Paragraph:** Describe how you can/will use the information from your research **in your own life** including at least 2 examples of the most useful info/tips you learned.
     - **For example:** “I learned that drinking at least 80oz of water per day is extremely important for... (cite research) and now I plan to bring two water bottles to school every day. I will drink one during the morning, and the second at lunch and in the afternoon. (DO NOT use my example!)
   - Cite your sources at the conclusion of your paper (at least 2)

**Topic Choices:**

- **Why fad diets are unhealthy:** Describe what a fad diet is and why they are generally unhealthy. Then, support your information with research and facts; describe 2 different fad diets and why they are both unhealthy (in different ways); conclude with the healthiest way to lose weight.

- **How to eat on a budget:** People say eating healthy is too expensive, are they right? Research ways to eat on a budget, and make sure to provide examples.

- **How to eat a balanced diet as a vegetarian or vegan:** As discussed briefly in class, when you avoid food groups you could cause nutrient deficiencies. What are the possible implications of a vegetarian or vegan diet and what is recommended to maintain good health?

- **How to eat before, during, and after strenuous exercise:** Athletes often need more calories, which means they also need more nutrients to fuel their effort and recovery. Research nutrition for athletes, and you can also look up specific sports. Describe how athletes should fuel themselves and also what foods to avoid.
The dangers and/or waste of nutrition supplements: Who, if anyone, needs nutrition supplements? What are the possible dangers or benefits of specific supplements? What types of supplements are best and where can they be purchased?

How to eat to help prevent chronic diseases: We have talked about the most common causes of adult death in America. How should people eat (be specific) to help prevent chronic health issues? Make sure to include new information from your research with examples.

Dangers and/or health risks associated with sugar substitutes (sugar alcohols, artificial sweeteners, sugar alternatives like Stevia, etc.): Make sure you research the different types of sugar alternatives and briefly report on each one. Then you can write a general summary about whether they alternatives are safer than sugar.

Dangers of steroid use (and creatine?): Some athletes turn to steroids to gain muscle. Research steroids, how they are used, the risks and possible short and long term health issues associated with them. You may also want to look into creatine supplements as well...

Free choice: Ask Mrs. DeVore first to get your choice approved.