What's in Your Bag?
Food Diary Tracking Activity

Purpose: What's in Your Bag? Is a creative way to teach students about tracking their daily food habits and making healthy food choices. This activity gives students an actual visual of what they are consuming rather than just a list of foods.

Materials Needed:

- Brown or white lunch bags or small gift bags
- Index cards
- Student Activity Sheet
- Markers/Color Pencils
- Scissors
- Internet access (for finding calories of certain foods)
    - May use apps on cell phones or tablets if available
    - MyFitnessPal app for regular foods and Fast Food app for fast food calorie tracking

Instructions:

Day 1

1. Allow students to decorate their lunch bags making sure to include their name.
2. Students are to keep all package wrappings in the bag for everything that they eat throughout the day from soda cans and empty beverage bottles down to candy wrappers. Even if they eat out, make sure they keep the food wrappers.
    a. If too many bottled beverages, just have students keep the wrappers
    b. Also some of the restaurant food wrappers have the calories listed on the wrapper (i.e. McDonalds)
    c. Meals prepared at home like hamburger helper have them keep the packaging as well or cut out the nutritional information.
3. On the outside of the bag students will track water, activity and hours slept. (chart included)

Day 2

1. Have students calculate their Daily Recommended Allowance for Calories (Activity Extension-include DRA for protein, fat, fiber and carbohydrates)
2. Next, have students calculate the amount of calories consumed (chart included)
    a. Activity Extension/Advanced Math Integration-allow students to calculate percentages consumed of their total calories for protein, fat, fiber and carbohydrates
3. Have students answer questions about foods chosen and suggest healthy alternatives (worksheet included)

Copyright © 2013 Just FACS, LLC

What's in Your Bag?
Food Diary Tracking Student Activity Sheet

1. Create your bag.
    a. Front side: Decorate and include Your Name and date
    b. Side 1: Water, Activity, and Sleep Tracker and Rubric (cut out below)
    c. Back side: Food Tracker (cut out below)
    d. Side 2: Follow Up (cut out from below)
2. Determine your Daily Recommended Calorie Intake using chart below

	Sedentary (less than 30 minutes of activity)	**Moderate** (30 minutes-1.5 hours of activity)	**Active** (2 or more hours of activity)
Girls aged 14-18	1800 cals	2200 cals	2600 cals
Boys aged 14-18	2200 cals	2600 cals	3000 cals

3. The containers and/or wrappers for everything that you eat today is to be placed in the bag. Including: empty cans, beverage bottles or wrappers, snack packaging, candy wrappers, fast food wrappers, etc. (*The reason for keeping wrappers is for the nutritional information*) If food doesn't contain wrapper, write it down on index card and draw a picture; i.e. school lunch, piece of fruit, etc.
4. Using Side 1: track the amount of water consumed, the amount of activity that you do and how long you slept. Also answer the follow up questions at the end of the activity.
5. Using the Backside: Write down all food placed inside of bag and calories and calculate the total amount consumed. If food was written on index card, find out calories from method chosen by teacher.

What's In Your Bag? Food Tracker			
Food Consumed	**Calories**	**Food Consumed**	**Calories**

Copyright © 2013 Just FACS, LLC

Water, Activity and Sleep Tracker

Water (cups or oz.)	Activity (How Long)
Hours Slept (include naps)	

Activity Rubric

Possible Pts.	Performance Tasks	Points Earned
10 PTS	Bag decorated and has name and date	
15 PTS	Water, Activity and Sleep Tracker completed	
20 PTS	All foods consumed listed with calories	
25 PTS	Total Calories consumed calculated	
15 PTS	Follow Up Questions completed	
10 PTS	Food wrappers inside the bag	
5 PTS	Project is neat	
100 PTS	**TOTAL POINTS**	

Follow Up Questions

1. Did you stay within your daily recommended calories? _____
2. How many of the calories consumed were from junk food (sodas, candy, chips, cookies, etc.?

   _____

3. What time did you start eating? _____
4. What time did you stop eating? _____
5. For each unhealthy food consumed, list a healthy alternative.

6. In your own words, define healthy.

7. What did you learn about your eating habits from this activity?

Copyright © 2013 Just FACS, LLC