

Activity 5.6.1 Food Journal

Purpose

You are dependent on farmers and ranchers for a steady food supply. Animal and plant products provide humans with the nutrients needed for survival. All food can be traced back to an animal or plant foundation. Your nutrition is important to long term health and well-being. Have you considered where the foods you eat come from? Do you eat mostly plant products or mostly animal products? Track your food consumption to find out.

Materials

Per student:

- Calculator
- Pencil
- *Agriscience Notebook*

Procedure

Keep a food journal for 24 hours to document what foods you have eaten. Determine whether the food is derived from an animal or plant and will then calculate what percentage of the food you ate came from each.

1. Record everything you eat for the next 24 hours in Table 1 of your student worksheet.
2. Count the number of servings of plant and animal products you consumed and record each in Table 2 of your student worksheet.
3. Determine the percentage of plant products versus animal products you consumed in Table 2.
 - To calculate the percentage of each food product in your diet, set up a ratio to solve the problem.
 - Example: four servings of plant products with 10 total servings.
4. Share with the class the percent of plant and animal products you consumed.
5. Record the percentage of plant and animal products consumed by each of your classmates in Table 3 of your student worksheet.
6. Using the data collected determine the average for the percent of plant and percent of animal products eaten by the entire class.
 - To determine the average, add the percentage of all students and divide by the total number of students.

Set up ratio	$\frac{4 \text{ plant}}{10 \text{ total}} = \frac{x}{100}$
Cross multiply	$10x = 400$
Divide each side by 10	$\frac{10x}{10} = \frac{400}{10}$
Solve for x	$x = 40$
Diet is 40% plant products	

Example

Name	% Plant
Ann	45%
Bob	30%
Casey	55%
Doug	25%
Add together	(45+30+55+25) = 155
Divide by total students	$\frac{155}{4} = 38.75\% \text{ average}$

Conclusion

1. Compare your food journal with a partner. Based on your comparison, do you believe that the students your age eat a more plant or animal based diet? Why?

2. Can you think of a food that is not derived from a plant or animal?

Mushrooms because they are a fungi so technically they aren't a plant or animal.

3. What influences the food choices you make?

What a parent provides could influence what food choices you make. Also, a person on a diet is controlled by that diet to get healthy.

