

Activity 5.1.1 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

You will keep a food journal for twenty-four hours to document what foods you have eaten. You will 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.

The food journal below provides you with a space to document all food that you ingest over a period of twenty-four hours. Keep track of the time you eat, what you eat, and if the food is derived from a plant or an animal. Sometimes foods fall into both categories.

1. Record everything you eat for the next twenty-four hours in Table 1 of *Activity 5.1.1 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: 4 servings of plant products with 10 total servings.
4. Share with the class the percent of plant and animal products you consumed.

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	

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.

Example

Name	% Plant
Ann	45%
Bob	30%
Casey	55%
Doug	25%
Add together	(45+30+55+25) = 155
Divide by total students (4)	155/4 = 38.75% average

Class average for percent plant products _____

Class average for percent animal products _____

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?

Plant because, plants are a side dish and its most of your food were meat you get one.

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

Spirulina and bacteria

Name: _____

Activity 5.1.1. Student Worksheet

TIME	FOOD	MAIN INGREDIENT	PLANT	ANIMAL
Ex. 7:00	Omelet	Eggs		X
10:00	Yogurt	Milk		x
11:00	Chips	Potato	x	
1130	Pizza Rolls	Wheat and meat	x	x
1200	Ham sand which	Ham		x
400	Cheese burger	Hamburger		x
6:00	Steak	Beef		x
7:00	Ice cream	milk		x

Product Type	Plant	Animal	Total
# of servings consumed	2	6	8
% of product consumed	20%	80%	100%

Table 3. Class Data

Name	% Plant	% Animal
Jeff	50%	40%
Starr	20%	80%
Grace	0%	0%
Clayton	45%	55%
Jaydon	60%	40%
Alec	0%	100%
Alexis	98%	2%
Alexis K	50%	50%
Hunter	75%	25%
Cristian	50%	50%
Silas	50%	50%
Chris	60%	40%
Brett	0%	100%
Olivia g	50%	50%
Mallory	50%	50%
Lauren	50%	50%
Dallen	0%	0%