

Workshop 8: Food: The Good, the Bad, and the Gross**Extended Project**
Food Diary*You are what you eat—for better or worse!***Project:** For one week, write down everything you eat.
Use your notes to set goals for eating healthy foods.**Procedure**

- 1. Create a chart.** Find a small notebook that you can easily carry with you. Divide a page into three sections. Label the first column “Healthy Foods,” the second column “Unhealthy Foods,” and the third column “Not Sure.”
- 2. Keep your journal.** Put the notebook in your bag or backpack. Every time you eat, write down the food in the correct column. Follow this example:

Healthy Foods	Unhealthy Foods	Not Sure
two eggs	donut	pretzels
toast	can of soda	
orange juice	bag of potato chips	
turkey sandwich		

- 3. Look at each column.** After one week, review what you have eaten.
 - Have you eaten more healthy foods, or more unhealthy foods?
 - What healthy foods did you like eating?
 - What unhealthy foods did you eat a lot of?
 - How many foods were you unsure about?
- 4. Set goals.** Write down healthy eating goals. For example:
 - I will only eat one donut per week.
 - I will choose juice or water instead of soda.
 - I will continue keeping a journal so that I am aware of what I eat.

See how long you can meet your goals. Good luck!