



What Do You Eat?

You're On a Quest!

What is in the foods we eat? Carbohydrates, fats, proteins, cholesterol, sugars, vitamins, and more! We put these substances into our bodies every day, yet we're not always sure whether they're needed or what they do for us. By learning more about diet and nutrition, we can all learn exactly what we needed to maintain good health – and live longer!

Materials needed:

- Computer with Internet access
- Pen and paper for notes
- Cookbooks or family recipes

Investigate with your family!

- What is a food group?
- What does it mean to have a balanced diet?
- What foods are most liked in your family? Least liked?
- What are the benefits – or even the dangers – of eating these foods?

All together, now!

Keep a Family Activity Journal and a Family Food Journal for one full day. Analyze your family's activity level and dietary habits. Are they balanced? Together, you can decide what might be a good family goal to set for better health.

1. In the two charts below, complete the Family Activity Journal and Family Food Journal for one 24-hour period. Be sure to note all of your activities, even if they involve sitting on the couch or cooking dinner! (Remember: All activities burn at least some calories.)

Family Activity Journal			
Date	Activity	Duration	Calories Burned

Family Food Journal							
	Food	Amount	Calories	Protein	Sugar	Total Fat	Saturated Fat
Breakfast							
Lunch							
Dinner							
Snacks							
Totals							

2. Write a goal for changing an aspect of your family's diet and/or activity level: _____

3. Now, in the chart below, plan an "ideal week" for your family, in which you take a new approach to the foods you eat and the activities you do. Make it fun!

New Food and Fun Week						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Food						
New Fun						

Electronic Quest!

Find some healthy eating tips, balanced diet ideas, and energizing activities for the whole family to try. Here are some good resources that are currently available on the Web:

Healthy Eating Tips

http://www.cdc.gov/nccdphp/dnpa/heal_eat.htm

Health A to Z

<http://www.healthatoz.com/>

American Heart Association

<http://www.deliciousdecisions.org/contents.html>

Family Food Zone

<http://www.familyfoodzone.com/>

Dietary Guidelines for Americans
<http://www.health.gov/dietaryguidelines/dga2000/document/summary/default.htm>



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Maine Forest Products Council

