

# Lesson 5: Three-Day Food Record

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### Time Required

Estimated lesson timing is 40-60 minutes; however, this lesson can be expanded or shortened, as needed. We encourage you to tailor it to fit within the available class time. If time is limited, we recommend focusing on the Getting Started, Teaching Instructions and Reflections sections.

### Audience

High school students grades 9-12

## Lesson Overview

In this lesson, your students will learn how to track and analyze their dietary intake. They will enter their daily food choices (what foods and how much of each) for three days using SuperTracker's Food Tracker feature and analyze their average intake of food groups and calories using SuperTracker's Food Groups & Calories Report. Your students will complete the Three-Day Food Record handout to reflect on their eating habits.

## Getting Started

- **Why is this lesson important?** Often, we don't pay attention to what we eat beyond thinking of our next meal. However, it is important to have healthy food patterns, which means considering what we eat on a long-term basis, and understanding how it affects us. Tracking food is a way to help your students think more broadly about their food patterns. Practice will equip them with a skill they can use for a lifetime.
- **What can you do about it?** Reinforce for your students that tracking food and physical activity is a personal reminder about the healthfulness of their choices and a way to see progress toward their goals. It helps build healthy habits. Provide guidance on how they might do this daily. The SuperTracker is one tool to track food and physical activity. They can also keep a handwritten food log or use other apps or tools. Explain that tracking throughout the day is the easiest way to make sure they're recording their intake accurately.



If you would like to monitor whether your students have entered foods and/or view their reports, consider setting up a SuperTracker group prior to the lesson. Teachers can create a group for a class and invite students to join (via email or with a group-specific access code). Group members use SuperTracker to track their foods and opt to share this information with their group leader.

Learn more: <https://www.supertracker.usda.gov/Documents/SuperTracker%20Groups%20And%20Challenges%20User%20Guide.pdf>

## Teacher's Lesson Preparation

SuperTracker	<ul style="list-style-type: none"><li>• Watch the Food Tracker site tour video, How to use Food Tracker: Tracking foods, on YouTube (3 min. 8 sec.). Link: <a href="https://www.youtube.com/watch?v=dZ49FuUpxnE&amp;feature=youtu.be">https://www.youtube.com/watch?v=dZ49FuUpxnE&amp;feature=youtu.be</a></li><li>• Review navigation of the SuperTracker website. Link: <a href="https://www.supertracker.usda.gov/default.aspx">https://www.supertracker.usda.gov/default.aspx</a></li><li>• Familiarize yourself with the Food Tracker feature. Link: <a href="https://www.supertracker.usda.gov/foodtracker.aspx">https://www.supertracker.usda.gov/foodtracker.aspx</a></li><li>• Familiarize yourself with the Food Groups &amp; Calories Report. Link: <a href="https://www.supertracker.usda.gov/FoodGroupCalorieReport.aspx">https://www.supertracker.usda.gov/FoodGroupCalorieReport.aspx</a></li></ul>
Materials	<ul style="list-style-type: none"><li>• Three-Day Food Record handout (found at the end of this lesson), copies made for each student.</li></ul>
Setup	<ul style="list-style-type: none"><li>• Computers with Internet access for each student in your classroom; if not available, then try to arrange for another location, such as a library or a computer lab, with internet access.</li><li>• Screen and projector.</li></ul>

## Lesson Objectives

Following this lesson, your students should be able to:

1. Track their foods, daily.
2. Determine whether their food selections meet their daily food group targets, on average.
3. Determine whether their selections fall within their daily calorie allowance, on average.

## Teaching Instructions

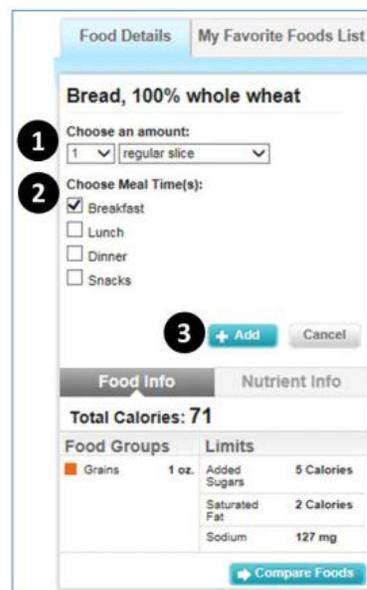
1. Consider beginning with a stretch and exercise break (suggested activities found on page 13-14).
2. Then, review the topics for discussion and the learning objectives. Ask your students if they have ever kept track of what they eat on a daily basis? Why or why not? If yes, did they find it helpful? What do they see as the pro/cons of keeping track of daily food intake?
3. Have your students log in to their SuperTracker profiles.
4. Demonstrate the Food Tracker feature by showing the “How to use Food Tracker: Tracking foods” SuperTracker site tour video available on YouTube (3 min. 8 sec.)  
Link: <https://www.youtube.com/watch?v=dZ49FuUpxnE&feature=youtu.be>
5. Show your students how to navigate to the Food Tracker feature.



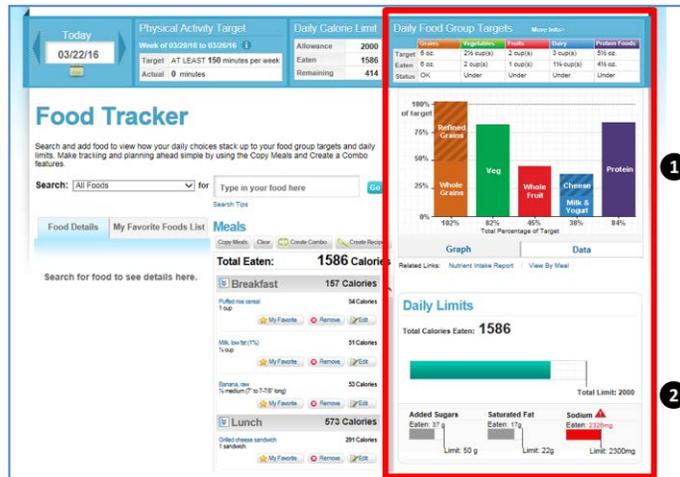
- Demonstrate how to search for a food using Food Tracker. For example, search for the food “bread” and select “bread, 100% whole wheat”.



- Show your students how to add the food to their tracker by (1) choosing the amount, (2) selecting a meal or snack, and (3) clicking the blue “Add” button. For example, add one regular slice of 100% whole wheat bread to breakfast.



- Continue adding foods to the day and show your students where to see their progress toward their (1) daily food group targets and (2) daily calorie limit. For the purposes of this exercise, have your students use their best recollection of the food they ate the day before.



- Assist your students as they practice adding foods to meals using their own SuperTracker accounts.



- Show your students how to access the Food Groups and Calories Report.
- Show your students how to run a Food Groups and Calories Report by (1) selecting the date range and (1) clicking the "Create Report" button.



12. Show your students where to find their (1) Target, (2) Average Eaten, and (3) Status for each item in the Food Groups and Calories Report. Ask your students about their report – were they surprised by anything they found? Did they eat more or less of a certain food group than they expected? How does their actual food intake compare to the target?

**Food Groups and Calories Report 03/22/16 - 03/24/16**

Your plan is based on a default 2000 Calorie allowance.

Food Groups	1 Target	2 Average Eaten	3 Status
<input type="checkbox"/> Grains	6 ounce(s)	6 ounce(s)	OK
<input type="checkbox"/> Whole Grains	≥ 3 ounce(s)	2 ounce(s)	Under
<input type="checkbox"/> Refined Grains	≤ 3 ounce(s)	3½ ounce(s)	OK
<input type="checkbox"/> Vegetables	2½ cup(s)	2¼ cup(s)	OK
<input type="checkbox"/> Dark Green	1½ cup(s)/week	2 cup(s)	Over
<input type="checkbox"/> Red & Orange	5½ cup(s)/week	3¾ cup(s)	Under
<input type="checkbox"/> Beans & Peas	1½ cup(s)/week	0 cup(s)	Under
<input type="checkbox"/> Starchy	5 cup(s)/week	0 cup(s)	Under
<input type="checkbox"/> Other	4 cup(s)/week	1¼ cup(s)	Under
<input type="checkbox"/> Fruits	2 cup(s)	1¼ cup(s)	Under
<input type="checkbox"/> Whole Fruit	No Specific Target	1¼ cup(s)	No Specific Target
<input type="checkbox"/> Fruit Juice	No Specific Target	¼ cup(s)	No Specific Target
<input type="checkbox"/> Dairy	3 cup(s)	2½ cup(s)	Under

13. Demonstrate how to drill down on an individual item by clicking the plus sign icon to the left of the name. For example, click the plus sign next to “Added Sugars” to find the top sources of added sugars eaten during the report timeframe.

Limits	Limit	Average Eaten	Status
<input type="checkbox"/> Total Calories	2000 Calories	1895 Calories	OK
<input type="checkbox"/> Added Sugars	< 200 Calories	214 Calories	Over
Food Sources		Tips	
1. Gummy candy (gummies)	21% of intake	1. Drink few or no regular sodas, sports drinks, energy drinks, and fruit drinks. Choose water, fat-free milk, 100% fruit juice, or unsweetened tea or coffee.	
2. Soft drink, ginger ale	19% of intake	2. Eat less cake, cookies, ice cream, candy, and other desserts.	
3. Ice cream, regular, chocolate	17% of intake	3. Use the ingredients list to choose breakfast cereals and other packaged foods with little or no added sugars.	
4. Yogurt, vanilla, fat free	14% of intake		
5. Fruit-flavored thirst quencher beverage (Sports Drink)	8% of intake		

14. Distribute the Three-Day Food Record handout to your students.

15. Assign as homework:

- Have your students use SuperTracker’s Food Tracker to track all foods they eat for the next 3 days. You can have them write down the foods they eat for three days and input this information into SuperTracker during a future class period if your students do not have internet access outside of class.
- After 3 days, have your students run a Food Groups & Calories Report for the 3 days they tracked foods.
- Then have students complete the Three-Day Food Record handout to answer questions about their intake.

## Reflection, Evaluation, and Discussion

Check for understanding and encourage your students to ask questions if they need further clarification of the lesson.

Encourage your students to reflect by asking them questions such as:

- How can SuperTracker help you determine whether you are eating the right amount of calories and food groups?
- Why is tracking important?
- Are there other ways you might consider tracking your food on a daily basis?
- Have you tried other websites or apps for food and activity tracking?

After your students have completed tracking for 3 days, revisit the discussion to ask them:

- Did you find anything surprising about your food intake over three days? Were your food choices generally as healthy, healthier, or less healthy than you expected?
- Are there any changes you would like to make to your diet based on the results of your Food Groups & Calories Report? If yes, what are they?
- Will you continue to use SuperTracker to help you track your foods and beverages? Why or why not?



### Beyond the Classroom

#### **In School**

Work with Food Service staff to post calorie and key nutrient information about menu items. Also, create handouts to post around school to encourage using SuperTracker.

#### **Out of School**

Encourage friends and family to track food consumption; create SuperTracker user groups for friends or family.

## Notes

Record any notes about this lesson. For example, did students understand the material? Are there any changes to the lesson you would like to make for next time?

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Show this brief video or have your students view it on their own. Ask them to describe what they think their food intake for a week would look like.

Link: <http://food.unl.edu/quiz-do-you-really-know-how-much-you-eat>

Name:

Date:

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## Three-Day Food Record

### Instructions

Track your foods and beverages for 3 days in a row using SuperTracker's Food Tracker feature. Run a Food Groups & Calories Report for those 3 days, and use your report to answer the questions below.

- You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>
- You can access the Food Groups & Calories Report here: <https://www.supertracker.usda.gov/FoodGroupCalorieReport.aspx>

1. Which food groups did you eat the right amount of (Status = OK)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

2. Which food groups did you not eat enough of (Status = Under)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

3. Choose one of the food groups that you did not eat enough of (Status = Under), and list three foods in that group that you like to eat and one food that have you never tried.

- I did not eat enough of the \_\_\_\_\_ food group
- Three foods I enjoy from this food group are:

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- A food I have never tried before from this food group is:

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4. Which food groups did you eat too much of (Status = Over)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

5. What was your average calorie intake for the 3 days? \_\_\_\_\_ calories

6. What was your average daily intake of added sugars intake for the 3 days? \_\_\_\_\_ calories

7. Of the foods and beverages you consumed over the 3 days, which three were the top contributors to your intake of added sugars? Click the plus sign icon next to “Added Sugars” to find the food sources you ate.

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8. What was your average daily saturated fat intake for the 3 days? \_\_\_\_\_ calories

9. Of the foods and beverages you consumed over the 3 days, which three were the top contributors to your intake of saturated fat? Click the plus sign icon next to “Saturated Fat” to find the food sources you ate.

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10. Are there any changes you would like to make to your diet based on the results of your Food Groups and Calories Report? If yes, what are they?

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