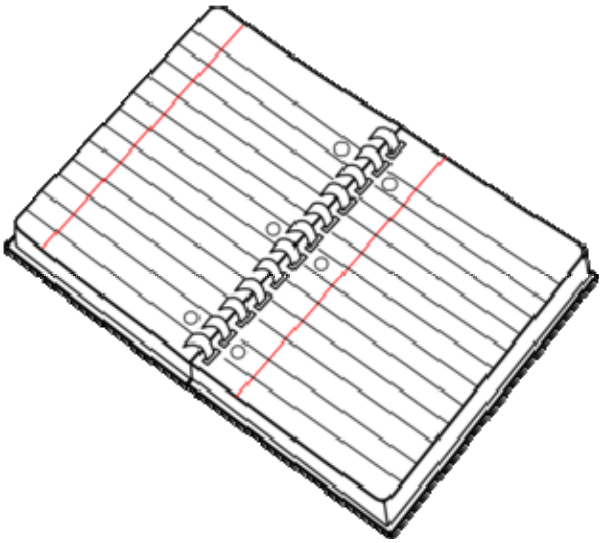

Food Log Activity

Goals:

- To enhance teamwork skills.
- To enhance written communication skills.

Materials:

- Paper or journal
- Pen or pencil

Directions:

- Have students find a partner.
- Each student should get a food journal or worksheet and a pen or pencil.
- Students should write down every fruit or vegetable that they have eaten in the last 24 hours.
- After writing the list, have them trade journals with their partner.
- Students should analyze each other's journals. They should make note of what healthy choices were made as well as what unhealthy choices were made.
- Have students discuss their notes and makes suggestions with their partner.
    - Examples:
        - Choose a variety of fruits and vegetables.
        - Try some dark green or orange vegetables tomorrow.
        - Eat more vegetables with your meals.
        - Try a new fruit or vegetable.
        - Great job! Low fat milk, fruit, and whole grain toast were healthy breakfast choices.
- After making suggestions, they should trade journals again and write at least 3 personal goals for fruits and vegetables.
    - Examples:
        - Goal 1: Eat at least 5 servings of fruits and vegetables every day for the next week.
        - Goal 2: Try a new fruit and vegetable that I have never eaten.
        - Goal 3: Replace an unhealthy snack with a fresh fruit or vegetable.