



LOOKING BACK: A Self-Reflection

Nutrition Worksheet

WHAT DO YOU EAT?

Make a list of things you've eaten over the past few days:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

YOUR MEAL SCHEDULE

When do you eat? Why did you choose to eat these things? Were your meals well thought out or were they planned quickly to fit your schedule? Part of good nutrition is creating a consistent schedule for meals. List the time of each meal for each day below:

Monday (Breakfast): _____ (Lunch): _____ (Supper): _____
Tuesday (Breakfast): _____ (Lunch): _____ (Supper): _____
Wednesday (Breakfast): _____ (Lunch): _____ (Supper): _____
Thursday (Breakfast): _____ (Lunch): _____ (Supper): _____
Friday (Breakfast): _____ (Lunch): _____ (Supper): _____
Saturday (Breakfast): _____ (Lunch): _____ (Supper): _____
Sunday (Breakfast): _____ (Lunch): _____ (Supper): _____

What do you consider your most important meal of the day? Why?

Do you make it a point to eat nutritious food? Do you look at nutritional information on the items you pick out at the grocery store?

How would you define "nutritious?"

To what extent do advertising, packaging, smell, or peers make a difference in your answer?

