Name:        
School:        
Facilitator:

1.05 My Food Intake

### Part A – Nutrition Value

Enter your food intake into the NutritionValue.org Nutrition Calculator. Once you have completed this, take and insert screenshots of your full results below.

## Screenshot #1

## Screenshot #2

### Part B – My Daily Plan

Go to Choose My Plate Daily Plan. Enter the required information and generate a plan. Once you have completed this, take and insert screenshots of your full plan below.

## Screenshot #1

## Screenshot #2

### Part C - Reflection Questions

1. Compare the results of your daily plan to what you ate. What macronutrients (protein, carbohydrates, fats) did you eat too much of? Which macronutrients (protein, carbohydrates, fats) do you need to eat more of?
2. Where can you make improvements in your diet? Explain in a few sentences.
3. What other foods can you eat to meet your intake goals? Give at least three specific substitutions.