

## Assignment 1-Nutrition Self Study and Evaluation

**FOOD LIST DAY 1**

<i>Food</i>	<i>Amount</i>	
<b>Breakfast</b>	<b>Measurement of Food</b>	<b>Activities</b>
<b>Orange Juice</b>	8 oz. Orange juice	Ate at home
<b>Chocolate chip muffin</b>	3 tablespoons white whole wheat flour 1/4 teaspoon baking powder dash of salt 1.5 tablespoons semi-sweet chocolate chips 1/2 teaspoon vanilla extract 1 tablespoon butter 1 tablespoon + 1 teaspoon almond milk 1 tablespoon sugar	Ate at home
<b>Lunch</b>		
<b>Sesame-Ginger Soba Noodle Salad</b>	1/8 cup neutral oil, such as grape seed or canola 1 tablespoons toasted sesame oil 1 tablespoon chili oil 1/8 cup soy sauce 1 tablespoons balsamic vinegar  1/2 tablespoons dark brown sugar 1/2 teaspoons kosher salt 1/2 tablespoon minced ginger 1/2 garlic clove, minced 5-1/2-ounce package soba noodles 1/2 bunch asparagus, ribboned 1 red bell peppers, roasted and sliced, or 1/2 cup jarred roasted bell peppers, drained 1 handful mung bean sprouts 1/2 bunch scallions, thinly sliced	Ate with friends in a outlet

## NUTRITION, SCIENCE AND HEALTH

	1/8 cup toasted sesame seeds 1/8 cup chopped cilantro	
<b>Water</b>	12 oz. glass of water	Drank with friends in a food outlet
<b>Dinner</b>		
<b>Shrimp, Leek, and Spinach Pasta</b>	1/4 pound gemelli, fusilli, or other short pasta ½ tablespoons unsalted butter 1 leek (white and light green parts only), halved lengthwise then crosswise kosher salt and black pepper ½ pound peeled and deveined medium shrimp (raw) finely grated zest of 1 lemon 1/4 cup heavy cream 3 ounces baby spinach (about 12 cups)	Ate at home
<b>Water</b>	12 oz. glass of water	Drank at home
<b>Snacks</b>		
<b>Spiced Orange</b>	1 medium orange, sprinkled with cinnamon	Ate in a car on my way home

**FOOD LIST DAY 2**

<i>Food</i>	<i>Amount</i>	
<b>Breakfast</b>	<b>Measurement of Food</b>	<b>Activities</b>
<b>Chex &amp; Cheerios Trail Mix</b>	1/2 cup Cheerios cereal, 1/2 cup Chex cereal (any kind), 1/2 cup Kix cereal, 1/4 cup raisins, 1/4 cup candy-coated chocolate candies, 1/4 cup peanuts	Ate at home
<b>Orange juice</b>	8 Oz. glass of Orange juice	Drank at home
<b>Lunch</b>		
Greek Yogurt Chicken Salad Recipe	<ul style="list-style-type: none"> <li>• 1 cup chopped, cooked chicken</li> <li>• 1/4 cup diced celery</li> <li>• 1/4 cup dried raisins</li> <li>• 1/4 cup plain Greek Yogurt (I use fat-free)</li> <li>• 1 TBSP Mayo (I love the kind made with olive oil)</li> <li>• 1/4 tsp salt</li> <li>• 1/4 tsp pepper</li> <li>• Optional stuffing ideas: carrots, lettuce, sprouts</li> </ul>	Invited for lunch by a friend
<b>Water</b>	8 Oz. glass of water	Invited for lunch by a friend
<b>Dinner</b>		

## NUTRITION, SCIENCE AND HEALTH

<b>Spicy Salmon With Bok Choy and Rice</b>	<ul style="list-style-type: none"> <li>• 1/2cup long-grain white rice</li> <li>• 1/2tablespoons honey</li> <li>• 1/2tablespoon soy sauce</li> <li>• 1/8teaspoon crushed red pepper</li> <li>• 2 3-ounce skinless salmon fillets</li> <li>• ¼ pound baby bok choy</li> </ul>	Dinner out with friends
<b>Water</b>	12 Oz. glass of water	Dinner out with friends
<b>Snacks</b>		
<b>Bitterballen</b>	beef or veal (minced or chopped), beef broth, butter, flour for thickening, parsley, salt and pepper,	Ate while relaxing with friends

**FOOD LIST DAY 3**

<i>Food</i>	<i>Amount</i>	
<b>Breakfast</b>	<b>Measurement of Food</b>	<b>Activities</b>
<b>Apple Flame Omelette</b>	1 apples, 1/2 Tablespoon rum or lemon juice, 1 ½ Tablespoons fine granulated sugar, 2 eggs, 1/2 Tablespoon sugar, 1 Tablespoons cold water	Ate at home
<b>Orange juice</b>	8 Oz. glass of Orange juice	Drank at home
<b>Lunch</b>		
<b>Stuffed Bagel Sandwiches</b>	1/4 large bagel, or 1/2 small bagels  1/8 cup whipped cream cheese  1 TB dill relish  1 large slice of salami, diced  1 baby carrot, diced  a pinch of salt and pepper (pinch = about 1/8 tsp)  (a pinch of garlic powder is also fabulous for you garlic lovers!)	Ate alone in a food outlet

## NUTRITION, SCIENCE AND HEALTH

<b>Water</b>	12 Oz. glass of water	Drank at food outlet
<b>Dinner</b>		
<b>Zucchini and Bean Salad With Bulgur</b>	<p>1/8 cup olive oil      1/2 tablespoons red wine vinegar      kosher salt and black pepper      1 medium zucchini (about 1/2 pound), halved and thinly sliced      1 9-ounce can kidney beans, rinsed      1/2 small shallot, thinly sliced      1/8 cup chopped salted roasted almonds      1/8 cup chopped fresh dill      1/2 cup bulgur      1/2 cup goat cheese, crumbled (4 ounces)</p>	Ate in a hotel with a friend
<b>Water</b>	16 Oz. glass of water	Ate in a hotel with a friend
<b>Snacks</b>		
<b>Cookie</b>	1 cup of flour, 2 eggs and 3 teaspoonfuls sugar.	Ate at home

**Activity Chart-Day 1**

Time	Activity	Intensity
12:00 am	sleeping	light
12:15 am	sleeping	light
12:30 am	sleeping	light
12:45 am	sleeping	light
1:00 am	sleeping	light
1:15 am	sleeping	light
1:30 am	sleeping	light
1:45 am	sleeping	light
2:00 am	sleeping	light
2:15 am	sleeping	light
2:30 am	sleeping	light
2:45 am	sleeping	light
3:00 am	sleeping	light
3:15 am	sleeping	light
3:30 am	sleeping	light
3:45 am	sleeping	light
4:00 am	sleeping	light
4:15 am	sleeping	light
4:30 am	sleeping	light
4:45 am	sleeping	light
5:00 am	sleeping	light
5:15 am	sleeping	light
5:30 am	sleeping	light
5:45 am	jogging	Vigorous
6:00 am	jogging	Vigorous
6:15 am	jogging	Vigorous
6:30 am	walking moderately	Moderate
6:45 am	walking moderately	Moderate
7:00 am	walking moderately	Moderate
7:15 am	studying	light
7:30 am	studying	light

**Activity Chart Day -1**

Time	Activity	Intensity
7:45 am	studying	light
8:00 am	studying	light
8:15 am	studying	light
8:30 am	Using a computer	light
8:45 am	Attending class	light
9:00 am	Attending class	light
9:15 am	Attending class	light
9:30 am	Using a computer	light
9:45 am	Using a computer	light
10:00 am	Attending class	light
10:15 am	Attending class	light
10:30 am	Watching TV	light
10:45 am	Watching TV	light
11:00 am	Using a computer	light
11:15 am	studying	light
11:30 am	studying	light
11:45 am	studying	light
12:00 pm	Talking	light
12:00 pm	Talking	light
12:15 pm	talking	light
12:30 pm	talking	light
12:45 pm	washing dishes	moderate
1:00 pm	washing car	moderately
1:15 pm	talking	light
1:30 pm	spinning	intense
1:45 pm	walking uphill	intense
2:00 pm	moderately walking	moderately
2:15 pm	Attending class	light
2:30 pm	Attending class	light
2:45 pm	Attending class	light
3:00 pm	walking moderately	moderate
3:15 pm	spinning	intense
3:30 pm	studying	light
3:45 pm	studying	light
4:00 pm	studying	light
4:15 pm	Washing dishes	moderately
4:30 pm	washing car	moderately
4:45 pm	talking	light
5:00 pm	watching TV	light
5:15 pm	studying	light
5:30 pm	studying	light
5:45 pm	studying	light

**Activity Chart Day -1**

Time	Activity	Intensity
6:00 pm	studying	light
6:15 pm	jogging	Vigorous
6:30 pm	jogging	Vigorous
6:45 pm	jogging	Vigorous
7:00 pm	walking moderately	Moderate
7:15 pm	walking moderately	Moderate
7:30 pm	walking moderately	Moderate
7:45 pm	Watching TV	light
8:00 pm	Watching TV	light
8:15 pm	Attending class	light
8:30 pm	Attending class	light
8:45 pm	Attending class	light
9:00 pm	Attending class	light
9:15 pm	doing homework	light
9:30 pm	doing homework	light
9:45 pm	doing homework	light
10:00 pm	studying	light
10:15 pm	studying	light
10:30 pm	studying	light
10:45 pm	talking	light
11:00 pm	talking	light
11:15 pm	talking	light
11:30 pm	washing dishes	moderate
11:45 pm	sleeping	light

All activities should be completely filled in. Include sleeping hours.

**Activity Chart Day -2**

Time	Activity	Intensity
12:00 am	sleeping	light
12:15 am	sleeping	light
12:30 am	sleeping	light
12:45 am	sleeping	light
1:00 am	sleeping	light
1:15 am	sleeping	light
1:30 am	sleeping	light
1:45 am	sleeping	light
2:00 am	sleeping	light
2:15 am	sleeping	light
2:30 am	sleeping	light
2:45 am	sleeping	light
3:00 am	sleeping	light

**Activity Chart Day –2**

Time	Activity	Intensity
3:15 am	sleeping	light
3:30 am	sleeping	light
3:45 am	sleeping	light
4:00 am	sleeping	light
4:15 am	sleeping	light
4:30 am	sleeping	light
4:45 am	sleeping	light
5:00 am	sleeping	light
5:15 am	sleeping	light
5:30 am	sleeping	light
5:45 am	jogging	Vigorous
6:00 am	jogging	Vigorous
6:15 am	jogging	Vigorous
6:30 am	walking moderately	Moderate
6:45 am	walking moderately	Moderate
7:00 am	walking moderately	Moderate
7:15 am	studying	light
7:30 am	studying	light
7:45 am	studying	light
8:00 am	studying	light
8:15 am	washing dishes	moderate
8:30 am	talking	light
8:45 am	Attending class	light
9:00 am	Attending class	light
9:15 am	Attending class	light
9:30 am	Attending class	light
9:45 am	walking moderately	moderate
10:00 am	watching TV	Light
10:15 am	cycling briskly	moderate
10:30 am	Attending class	light
10:45 am	Attending class	light
11:00 am	Attending class	light
11:15 am	Cycling briskly	moderate
11:30 am	Cycling briskly	moderate
U	Using a computer	light
12:00 pm	studying	light
12:00 pm	studying	light
12:15 pm	studying	light
12:30 pm	studying	light
12:45 pm	Car washing	Moderate
1:00 pm	Talking	Light
1:15 pm	Using computer	Light

## NUTRITION, SCIENCE AND HEALTH

### Activity Chart Day –2

Time	Activity	Intensity
1:30 pm	Watching TV	light
1:45 pm	Watching TV	light
2:00 pm	studying	light
2:15 pm	studying	light
2:30 pm	studying	light
2:45 pm	studying	light
3:00 pm	Washing dishes	Moderate
3:15 pm	using a computer	Light
3:30 pm	Moderately walking	Moderate
3:45 pm	Attending class	light
4:00 pm	Attending class	light
4:15 pm	Attending class	light
4:30 pm	Attending class	light
4:45 pm	Washing car	moderate
5:00 pm	Moderately walking	moderate
5:15 pm	spinning	intense
5:30 pm	Using a computer	Light
5:45 pm	walking moderately	moderate
6:00	jogging	Vigorous
6:15 pm	jogging	Vigorous
6:30 pm	jogging	Vigorous
6:45 pm	walking moderately	Moderate
7:00 pm	walking moderately	Moderate
7:15 pm	Spinning	intense
7:30 pm	Walking uphill	intense
7:45 pm	watching TV	Light
8:00 pm	Watching TV	Light
8:15 pm	talking	Light
8:30 pm	talking	Light
8:45 pm	washing dishes	Moderately
9:00 pm	studying	light
9:15 pm	studying	light
9:30 pm	studying	light
9:45 pm	studying	light
10:00 pm	using a computer	light
10:15 pm	using a computer	light
10:30 pm	watching TV	light
10:45 pm	Watching TV	light
11:00 pm	Talking	light
11:15 pm	Talking	light
11:30 pm	Talking	light
11:45 pm	sleeping	light

All activities should be completely filled in. Include sleeping hours.

## NUTRITION, SCIENCE AND HEALTH

**Activity Chart Day –3**

Time	Activity	Intensity
12:00 am	sleeping	light
12:15 am	sleeping	light
12:30 am	sleeping	light
12:45 am	sleeping	light
1:00 am	sleeping	light
1:15 am	sleeping	light
1:30 am	sleeping	light
1:45 am	sleeping	light
2:00 am	sleeping	light
2:15 am	sleeping	light
2:30 am	sleeping	light
2:45 am	sleeping	light
3:00 am	sleeping	light
3:15 am	sleeping	light
3:30 am	sleeping	light
3:45 am	sleeping	light
4:00 am	sleeping	light
4:15 am	sleeping	light
4:30 am	sleeping	light
4:45 am	sleeping	light
5:00 am	sleeping	light
5:15 am	sleeping	light
5:30 am	sleeping	light
5:45 am	sleeping	light
6:00 am	jogging	Vigorous
6:15 am	jogging	Vigorous
6:30 am	jogging	Vigorous
6:45 am	walking moderately	Moderate
7:00 am	walking moderately	Moderate
7:15 am	walking moderately	Moderate
7:30 am	Washing dishes	Moderate
7:45 am	Talking	light
8:00 am	Attending class	light
8:15 am	Attending class	light
8:30 am	Attending class	light
8:45 am	Washing Car	Moderate
9:00 am	studying	light
9:15 am	studying	light
9:30 am	studying	light
9:45 am	studying	light

**Activity Chart Day -3**

Time	Activity	Intensity
10:00 am	spinning	intense
10:15 am	moderately Walking	Moderate
10:30 am	Attending class	light
10:45 am	Attending class	light
11:00 am	Attending class	light
11:15 am	Attending class	light
11:30 am	moderately walking	Moderate
11:45 am	Using a computer	Light
12:00 pm	Moderately walking	Moderate
12:00 pm	Attending class	light
12:15 pm	Attending class	light
12:30 pm	Attending class	light
12:45 pm	Attending class	light
1:00 pm	Walking uphill	Intense
1:15 pm	Talking	light
1:30 pm	Attending class	light
1:45 pm	Attending class	light
2:00 pm	Using dishes	Moderate
2:15 pm	walking uphill	intense
2:30 pm	studying	light
2:45 pm	studying	light
3:00 pm	studying	light
3:15 pm	studying	light
3:30 pm	Moderately walking	moderately
3:45 pm	walking uphill	Intense
4:00 pm	Attending class	light
4:15 pm	Attending class	light
4:30 pm	Attending class	light
4:45 pm	Washing dishes	Moderate
4:00 pm	Washing car	moderate
5:15 pm	Watching TV	light
5:30 pm	walking moderately	Moderate
5:45 pm	walking moderately	Moderate
6:00 pm	jogging	Vigorous
6:15 pm	jogging	Vigorous
6:30 pm	jogging	Vigorous
6:45 pm	walking moderately	Moderate
7:00 pm	walking moderately	Moderate
7:15 pm	Walking uphill	intense
7:30 pm	Spinning	intense

**Activity Chart Day -3**

Time	Activity	Intensity
7:45 pm	watching TV	light
8:00 pm	studying	light
8:15 pm	studying	light
8:30 pm	studying	light
8:45 pm	studying	light
9:00 pm	Watching TV	light
9:15 pm	washing dishes	moderate
9:30 pm	talking	light
9:45 pm	talking	light
10:00 pm	using a computer	light
10:15 pm	using a computer	light
10:30 pm	washing car	moderate
10:45 pm	talking	light
11:00 pm	talking	light
11:15 pm	watching TV	light
11:30 pm	using computer	light
11:45 pm	sleeping	light