

Lesson 5: Quiz 2 - Food Journal

Directions: To do the following quiz, read Lesson 5: Food Journals and Lesson 5: Food Journal Examples.

1. Why did Selma keep a food journal?
2. What goals did she hope the food journal would help her achieve?
3. After reading Selma's comments, what are some of the reasons she mentions for her eating choices and habits?

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4. What is your opinion of Selma's food journal?

5. In your opinion, how did Selma's journal make her more aware of her eating style? Explain your answer.

6. Review Selma's food journal. What advice would you give her about her eating habits?