

## Lesson 5: Food Journals

**Purpose of Lesson 5:** You will learn about food journals.

**Skills:** Reading comprehension, self-reflection, vocabulary, and writing.

### Words to Learn:

**couch potato** - refers to a person who spends a lot of time watching television; a person who is not very active: *I do not want to be a couch potato, so I walk to the post office instead of getting a ride.*

**food journal** - a journal where you record the food you eat on a daily basis: *Yesterday I wrote in my food journal that I ate cookies for breakfast and fast food for lunch.*

**fast food** - food served in a type of restaurant that serves food quickly and cheaply: *My favorite fast food is a burger, fries, and a soda.*

**junk food** - food that is generally known to be tasty, but not very healthy/nutritional: *Many schools have taken junk food out of their cafeterias.*

**nutritional** - refers to the quality of food that provides nourishment, food that is high in vitamins, low in salt, sugar and fats: *Check the labels on your food to see if you are buying food that is nutritional.*

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**Directions:** Read the conversation and answer the questions that follow.

1



Guess what? I am keeping a food journal!

2

What is that, Selma?



3



It is a little like the journal we keep for Ms. Shine, only in this one I write down what I eat. There are lots of things you can put in, but mine is rather simple and basic.

4

Oh, I heard about that on one of those doctor shows on television. Is it to improve your health?



5



Yes. I have become very interested in health issues and food. Since I love keeping a journal for Ms. Shine, I thought a food journal would be helpful and fun.

6

I'm curious. How does it work?



## Lesson 5: Food Journals

7



It helps me meet my goals which are:

- (a) to lose some weight, and
- (b) to eat healthier.

Keeping this daily journal has made me very aware of what I eat and the amounts.

8

That's awesome. Now that you are more conscious of what and how much you eat, have you changed your eating habits and eating style? That is the key question.



9



Yes! I had no idea how much **junk food** I was eating until I started recording my meals. Can you believe I was eating junk food every day and going to a lot of **fast food** restaurants? I even surprised myself.

10

What exactly do you mean by junk food?



11



Junk food tastes good, but is not very **nutritional**. If you want to know more, just Google, "junk food". You will be surprised how many web sites you will find. Some sites even sell junk food clothes. It's crazy!

12

Interesting. Has this information helped you?



## Lesson 5: Food Journals

13



It has. Now I make sure I have a salad and fruit every day. I hardly ever eat junk food. I watch what I eat and am quite proud of myself. Hurrah for me!

14

Congratulations are in order. It seems like you have made some healthy changes.



Continued after Quiz 1

15



Do you go to a gym?

16

No, but I walk our dog every day. In fact my mother congratulated me for no longer being a **couch potato**.



17



It sounds like you have a lot of good things happening. I think I'll try a food journal, too. I'm curious what I will discover about my eating habits.

## Lesson 5: Food Journals

A few days later at another teacher conference...

18



I hear you girls are doing a food journal. I really feel good about the fact that our writing projects have spilled over into other areas of your life. You probably already know that journal writing can have many benefits.

19

I know. It is really neat. My mother told me about journals for people who are ill. I can see how people with problems can benefit from journal writing and even relieve some of their stress.



20



Writing is a great way to express your feelings. It can also help increase your awareness of things. The end result can be that you feel better, know more and hopefully make some good changes for yourself. Now, let's look at your work...



Below you will find a few sample food journal entries. We will use these entries to answer questions on the next quiz!

## Lesson 5: Food Journals

Continued after Quiz 2



Dear Learner, How about you? Whether you think you eat healthy or not, you should review your eating habits. Who knows, maybe you will learn something about your eating style and decide to make some changes. Or, maybe you'll congratulate yourself for eating well. Try it!

### **Learner Food Journal: Record what you eat!**

Keep a record of what you eat. Remember, not all days will be the same. For example, some days you might have a snack several times a day, or skip a meal. Reflecting about your reasons for eating and eating choices can be instrumental in helping you bring about wanted changes.

Continued after Quiz 3



Congratulations on finishing your food journal! I hope it will encourage you to have many years of healthy eating. Bon Appetite!