

Lesson 5: Quiz 3 - Food Journal

Directions: The following quiz will ask questions about the food journal you created. Read each question carefully and write your own response.

1. Do you think three days was enough time for you to get a good understanding of your eating style and choices? Explain your answer.

2. Was it useful keeping a food journal? Explain.

3. Did the food journal result in you making some changes in your food choices and eating style? Explain your answer.

4. Did you learn anything surprising about yourself or your eating style from your food journal? Explain your answer.

5. Would you recommend a food journal to any family members or friends? Explain your answer.