



## Lesson # 3

### How to Track Your Food Intake

#### Food Records and Food Frequency Questionnaire

##### Time Table

**Total Time: 30 minutes**

- 2** Minutes: Introduction to lesson
- 15** Minutes: *Fruits, Vegetable, Dairy & Beverages FFQ*
- 5** Minutes: Circle frequently consumed foods activity
- 5** Minutes: Explain Take Home: *Food Record-Tracking Your Diet*

**Goal:** Introduce children to Food Frequency Questionnaires (FFQ) and explain how they can use a FFQ to assess their dietary intake patterns.

#### Objectives:

Students will:

1. Understand the importance of a food frequency questionnaire (FFQ).
2. Be able to fill out the food frequency questionnaires to recognize their eating patterns.
3. Learn to record their daily fruit, vegetable, grain, dairy, and meat/bean servings in a food record.

#### Material:

- FFQ handouts for *Fruits, Vegetables, Dairy, and Beverages*
  - Pencils
- PowerPoint: *Track Your Diet Presentation*
- Take Home: *Food Record-Tracking Your Diet* and *Fit4kidz MyPlate and Food Groups*

#### Instructions:

1. Begin the lesson with a quick review of the previous lesson on maintaining a balanced diet and the importance of breakfast. Ask students to share with the class what food groups from the *Fit4kidz MyPlate and Food Groups* should be included during breakfast. Give the students a chance to answer and then explain that breakfast should be incorporated with foods from the grain, dairy, fruit, protein, and meat groups.
2. Tell students that today's lesson focuses on tracking their food intake and how to determine their food patterns throughout a month's period.
3. Ask students if they remember what they ate yesterday, a week ago or even a month ago.
4. Class will start off with a Food Frequency Questionnaire (FFQ) activity. Print the *Fit4kidz Fruit, Vegetable, Dairy, and Drinks FFQ* for each student from the *Fit4kidz* website.
5. Give each student the FFQ sheets and a pencil. This is a questionnaire that will help teachers and parents understand their children's eating patterns throughout a specific time period. Many of the children will not be able to

- remember everything they ate. In this case, they should write down what they usually eat and what they like to eat the most.
6. Start with the *Fruits FFQ* because that is the simplest. Explain that the FFQ has a list of commonly eaten fruits that most children tend to eat on the left side of the chart. The top right side of the chart lists how many times in one month you have consumed that particular fruit.
  7. Go down the list of fruits and ask the students to check the circle of how many times they consume that particular fruit.
  8. After the fruits FFQ has been completed, finish the dairy, beverages, and vegetables FFQ also.
  9. Make sure to explain that the foods listed in the FFQ are whole foods in their simplest forms, but particular foods can be ingredients in dishes. For example, cheese pizza contains tomatoes, cheese, and flour. They can count pizza as eating a tomato and cheese. Ask the student which whole foods they think a cheese hamburger contains. Write down the student's answers on the board and make corrections if needed. The correct answer is: bread/buns, cheese, beef patty, lettuce, tomatoes, and pickles. These ingredients come from the grains, dairy, meat, and vegetable groups from MyPlate.
  10. Once all the FFQ have been completed, tell the students to distinguish the foods they eat the most. If students have checked or colored in the "once per week", "couple times per week", and "daily" circles it means they consumed that particular food or drink often. Ask students to circle the most frequently consumed foods on their FFQ sheets.
  11. Collect the FFQ from the students and put them into each student's personal *Fit4Kidz* binders or folders. Return the FFQ sheets to the students during the last *Fit4kidz* class so they can see a difference in their eating patterns if one occurred. The student may retake the FFQ during the last class if there is time or a need.
  12. Students can track their daily intake using the Food Tracker on the Fit4Kidz website on a daily basis. They can then compare how their dietary habits may have changed weekly and monthly.

**Take Home- Food Record-Tracking Your Diet**

- Print *Food Record-Tracking Your Diet* and the *Fit4kidz MyPlate and Food Groups* handouts for each student.
- This activity will be sent home with the students. The students should get help from their parents or guardians to complete this activity. They will track the amount of food they consume from each food groups. They can use the *Fit4kidz MyPlate* handout as a reference if needed. For further reference they can visit [www.myplate.org](http://www.myplate.org).