



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: <i>Fruits, Vegetable, Dairy & Beverages FFQ</i>
5	Minutes: Circle frequently consumed foods activity
5	Minutes: Explain Take Home: <i>Food Record-Tracking Your Diet</i>

Goal: Introduce young 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.

Material:

- FFQ handouts for *Fruits, Vegetables, Dairy, and Beverages*
 - Colored pencils
- PowerPoint: *Track Your Diet Presentation*
- Take Home: *Food Record-Tracking Your Diet* and *Fit4kidz My Plate 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 some of the healthy breakfasts they had last week.
2. Tell students that today's lesson focuses on tracking their food intake and how to distinguish 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 off of the *Fit4kidz* website.
5. Give each student the FFQ sheets and a colored pencil. This is a questionnaire that will help teachers and parents understand what their student's or child's eating patterns were like in the past month. Many of the children will not be able to remember everything they ate, but explain to them that it is more of an estimate. 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 easiest. You may have to walk the younger children through this activity. Explain that the FFQ has a list of commonly eaten fruits that most young 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 color in or 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.
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 ate that particular food or drink often. Ask them to circle those foods on their 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.

Take Home- *Food Record-Tracking Your Diet*

- Print *Food Record-Tracking Your Diet* and the *Fit4kidz My Plate 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 My Plate/Food Groups* handout as a reference if needed. For further reference they can visit www.choosemyplate.gov.