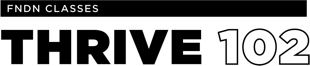
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**FNDN 102 Personal Application Assignment** |Nutrition Practice

**INTRODUCTION**

Food is a big part of life. It provides us with the energy and nutrients we need for proper physiological functioning. Food can help improve our health and performance. Food is also an important part of social gatherings and can add pleasure and enjoyment to life.

Eating healthy involves good food habits. The goal of this Personal Application Assignment (PAA) is to apply one healthy eating habit for three days (ideally 2 weekdays and 1 weekend day).

**PART 1 | Choose a habit / category to focus on**

Read carefully through the options below. You will learn more about these options in our Nutrition Module or you could visit <https://food-guide.canada.ca/en/> to start researching on your own. Which option(s) stand out? What would make the biggest nutritional impact in your life currently? Most of us have several things we could work on in the area of neutrino, but narrow it down to one option that is right for you and will fit your current lifestyle.

Healthy Eating Tips

1. Meal planning, cooking and healthy choices
2. Diets and food trends
3. Improving your eating habits
4. Adjusting recipes to meet your needs
5. Meal planning
6. Healthy eating on a budget
7. Healthy snacks
8. Food safety
9. Healthier grocery shopping
10. Healthy cooking methods
11. Healthy eating and the environment
12. Healthy eating for holidays and events
13. Make healthy meals with the Eat Well Plate
14. Recipes
15. Sugar substitutes and healthy eating
16. Alcohol

Healthy eating anywhere

1. Home
2. School
3. Work
4. In the community
5. While eating out

Healthy eating in various life stages

1. Teens
2. Parents
3. Adults
4. Healthy eating when pregnant and breastfeeding

**PART 2 | Make a specific goal to change a food behaviour**

Next, delve deeper into your chosen option and start with a goal setting process to make the food habit change. Complete the SMART Goal sheet below

If you have further questions about setting this goal, or want to know if your goal is appropriate for this assignment, please ask an instructor **before** continuing on to Part 3. Submit this with your reflection page

|  |  |
| --- | --- |
| **SMART GOALS FOR FOOD BEHAVIOUR CHANGE** | |
| Primary change behavior |  |
| **S**pecific – define your goal in as much detail as possible: who, what, where and when |  |
| **M**easurable – how are you going to track your outcome and progress |  |
| **A**ction – what steps will you take to achieve your goal |  |
| **R**ealistic – how confident are you about achieving your goal |  |
| **T**ime – how long will it take for you to complete your goal |  |

**PART 3 | Engage in your food behaviour change action steps for three days**

Practice the action steps you set above for three days and record this in the **Food behaviour change log** below (try to make the change behavior on two week days and one weekend day). You will submit this activity log with your reflection.

|  |  |  |
| --- | --- | --- |
| **Log three separate days of your behavior chane** | |  |
| Days and times of behavior | Primary change behavior, with any modifications | How did the change make feel |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
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|  |  |  |

**PART4 | Reflection**

After three days of engaging in your healthy eating habit, write a one-page reflection (typed, double-spaced, 1-inch margins, Time New Roman size 12 font, with a new paragraph for each of the three sections). This summary/reflection should contain:

1. Why did you choose this food pattern to change and Why did you choose the SMART goals criteria you did?
2. How did this food behavior change impact you? The following prompt questions might be helpful to shape your thoughts:
   * What were some of the challenges you experienced with this habit?
   * What were some of the benefits you experienced when you practiced this habit?
3. Is this a habit you would like to continue? Why or why not?

**Submit the Part 2- SMART goals with Part 3- Food Behavior Change Log and Part 4 the one page reflection into the Moodle drop box (using formatting guidelines listed in the syllabus).**

**References**Ames, B. N., & Wakimoto, P. (2002). Are vitamin and mineral deficiencies a major cancer risk? *Nature*

*Reviews Cancer*, 2, 694–704.

Aune, D. et. al. (2017). Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and

all-cause mortality—a systematic review and dose-response meta-analysis of prospective studies. *International Journal of Epidemiology*, 46(3), 1029-1056.

Călinoiu, L.F., & Vodnar, D.C. (2018). Whole grains and phenolic acids: A review on bioactivity,

functionality, health benefits and bioavailability. *Nutrients*. 10(11), 1615.



**MARKING RUBRIC**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value 10%** | **MARK 10%** |
| Smart Goals |  | **4** | 4 |
| 3 day Food Log | 2 pts / day | **6** | 6 |
|  |  |  |  |
| **REFLECTION** |  | **Value 35%** | **MARK 35%** |
| **REFLECTION QUESTIONS** |  |  |  |
| Questions answered | (3 x 1 pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 2. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  | Sub-total | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value- 5** | **MARK- 5** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  | Sub-total | **5** | **5** |
|  |  |  |  |
|  | Total | **50** | **50** |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |
|  |  |  |  |
|  |  |  |  |