

## SCIENCE OF NUTRITION

1. Prepare a completed 24 hour Diet recall, containing all the foods you ate in that one day.
2. List foods by meal. Example: Breakfast: 2 fried eggs, 1 piece of toast, etc, etc.
3. Food, amounts of each, total calories of each food consumed, and time of day.
4. Total the three macronutrients at the end of the day. Total carbs, proteins and fats.

Write a one page report on your relationship with food and factors that influence your diet. Your best and worst.

Write an analysis of your days intake and how you can improve your food intake.