

Balancing My Equation – Data Sheet

Directions: Pick one day from your food journal. Record what you ate that day in the table below. Using the calorie calculator, find the estimated number of calories you consumed.

	Food or Drink	Number of Calories
Breakfast	1.	
	2.	
	3.	
	4.	
	5.	
Lunch	1.	
	2.	
	3.	
	4.	
	5.	
Dinner	1.	
	2.	
	3.	
	4.	
	5.	
Snacks	1.	
	2.	
	3.	
	4.	
	5.	
Total Number of Calories		

A. How many calories are you SUPPOSED to consume a day? Use your MyPyramid plan to help you.

B. How many total calories did you ACTUALLY consume on the day you chose? Use your data sheet to help you.

C. Are the calories you actually consumed MORE or LESS than the calories you are supposed to consume? How do you know?

D. Use the $<$, $>$, or $=$ symbols to show the relationship between what you ACTUALLY consumed and what you are SUPPOSED to consume.

E. Use the balance and the weights to help you write an equation showing the amount you ACTUALLY consumed and what you are SUPPOSED to consume. Is the equation balanced? How do you know?

F. If your equation is NOT balanced, what could be the effects on your body if you did this every day?

G. If your equation is NOT balanced, what do you need to do? Create an action plan.

H. If your equation IS balanced, what are you doing right? Can you improve in any way?

Extensions for Activities 7 and 8