



**Food Education Standard 6:** We can make positive and informed food choices.

## Food Journal

**Grade Levels & Subjects:** Grades 6 - 8 English Language Arts

### Learning + Food Objectives:

Students will learn how we can make positive and informed food choices by creating a food journal and writing an expository summary of their findings including how they could adjust their eating to include more whole foods.

### Common Core Standards:

Common Core English Language Arts

Writing expository piece with clear organization

### [CCSS.ELA-LITERACY.W.7.1.A](#)

Introduce claim(s), acknowledge alternate or opposing claims, and organize the reasons and evidence logically.



### MATERIALS NEEDED

- Whole vs. processed food introductory article
  - “What Are Whole Foods?” by Health Agenda magazine - <https://www.hcf.com.au/health-agenda/food-diet/nutrition/what-are-wholefoods>
  - “Why you should eat whole foods instead of processed foods” by Jack Wilson - <https://www.precisionhydration.com/performance-advice/nutrition/why-you-should-eat-whole-foods-instead-of-processed-foods-when-ever-possible/>
- Student Worksheets (Both attached below)

### CLASSROOM PROCEDURE

#### INTRODUCTION (20 minutes)

1. Ask students to write down a food they have eaten in the last day.

2. Ask 2 – 3 students to share out the food they ate. As a class, discuss whether it is a whole or processed food. Be sure to have students explain their reasoning.
3. Explain that today, they will be exploring the difference between whole and processed foods and how it affects their bodies.
4. Provide students with an introductory text about the whole vs. processed foods. Ask students to take notes on how whole and processed foods affect their bodies.
5. Share out findings and create class definitions of whole and processed foods.
6. Ask students to identify the food they listed at the beginning of the class as a whole or processed food. Be sure to ask students to explain their reasoning.
7. Have students pair and share (if virtual, send to breakout rooms or have a few students share) to discuss how they categorized their food.
8. Ask students what adjustments need to be made to their definitions.
9. (Optional: Work through the worksheet attached below student worksheet for additional practice identifying whole vs. processed foods)

## **INSTRUCTION (45 minutes)**

1. Explain to students that they will be learning how we can make positive and informed food choices by creating a food journal and writing a well-organized summary of their findings including how they could adjust their eating to include more whole foods.
2. Review the food journal included in their student worksheet. Highlight the column which asks students to identify and explain if the food is a whole or processed food. Remind students to do this for each part of their meal.
  - a) Discuss with students how to log a dish that contains multiple foods. For example, if they top their eggs with cheese, they should be identifying eggs and cheese as two different food they consumed and identify each.
3. Ask students to complete the three-day food journal. (Teacher can adjust the number of days if needed.)
4. After students have completed their food journal, begin the analysis process. Students will be asked to complete a reflection based on their findings in their food journal. Ask students to think about how they can organize their work in a thoughtful way.
5. As a class, discuss what ideas are the most important to include in their writing?
  - a) Example: definitions of whole and processed foods, how whole and processed food impact their bodies, the findings from their food journal, next steps they can take for a healthier diet, etc.
6. Then, discuss how you can organize your writing in a logical way.
  - a) Example: What could you include in your first paragraph? Why? What should come next? Why?
  - b) Record key takeaways in a space students can look back on as they write their reflection.
7. Give students time to write their multi-paragraph reflection. The following prompts should be answered in their written reflection:
  1. What did you learn about your eating patterns?
  2. What surprised you about your eating patterns?

3. Would you say, based on what you know now, that you eat healthfully? Why or why not? Be sure to cite specific reasons and details to support your answer.
4. How can you replace two of the processed foods you consumed with whole foods?

### **CLOSING (teacher discretion)**

1. Ask students to share their reflection with a peer. Peer will give feedback specifically around the organization of the work.
2. Have a class discussion including questions like:
  - a) What did you learn about your consumption patterns?
  - b) What patterns do we notice about our class' consumption patterns?
  - c) What are reasons we would see these patterns in our class?
  - d) What we do to encourage eating more whole foods?

### **ADDITIONAL RESOURCES**

- "Processed Foods and Health" *Harvard T.H. School of Public Health* - <https://www.hsph.harvard.edu/nutritionsource/processed-foods/>
- "What is a processed food?" *Michigan State University Extension* by Ashley Parrish [https://www.canr.msu.edu/news/what\\_is\\_a\\_processed\\_food](https://www.canr.msu.edu/news/what_is_a_processed_food)
- "Whole Foods vs. Processed Foods" by Henry Lau - <https://www.youtube.com/watch?v=DMouQ0OFHfQ>
- Additional practice for identifying whole vs. processed foods (included below student worksheet)

The student worksheet below can be printed or copied onto any online learning platform.



## Food Journal

Today, you will be learning how we can make positive and informed food choices by creating a food journal and writing an organized summary of your findings including how you could adjust your eating to include more whole foods.

What is one food you've eaten in the last day? Is that food a whole food or a processed food? How do you know?

While reading the article, focus on how whole and processed foods affect your body. Record your findings below.

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## Journal

Track your intake for THREE DAYS. Record EVERYTHING. EAT! DRINK! EVERYTHING!

### Day 1

	Food/Drink	Number of Servings	Whole or Processed	How do you know?
Breakfast				
Snack				
Lunch				
Dinner				
Snack				

### Day 2

	Food/Drink	Number of Servings	Whole or Processed	How do you know?
Breakfast				



Snack				
Lunch				
Dinner				
Snack				

## Day 3

	Food/Drink	Number of Servings	Whole or Processed	How do you know?
Breakfast				
Snack				
Lunch				



Dinner				
Snack				

### Reflection

Looking at your food journal, respond to the following prompts in a written reflection. The reflection should apply what you have learned through this experience. Be sure to use the organizational strategies you discussed as a class.

In approximately 350 words (minimum), answer the following questions:





1. What did you learn about your consumption patterns?
2. What surprised you about your consumption patterns?
3. Would you say, based on what you know now, that you eat healthfully? Why or why not? Be sure to cite specific sources and details to support your answer.
4. How can you replace two of the processed foods you consumed with whole foods?



**OPTIONAL:** The student worksheet below can be printed or copied onto any online learning platform for. Identifying whole versus processed foods.







## Whole or Processed?

Select whether the food listed is whole or processed and be ready to explain why.

<p>1. <b>Cheez-Its</b> (made with 100% real cheese)</p> 	<p><input type="checkbox"/> Whole</p> <p><input type="checkbox"/> Processed</p>	<p>6. <b>Cashews</b> (halves &amp; pieces)</p> 	<p><input type="checkbox"/> Whole</p> <p><input type="checkbox"/> Processed</p>
<p>2. <b>Mixed Nuts</b> (almonds, cashews, pecans, pistachios, hazelnuts)</p> 	<p><input type="checkbox"/> Whole</p> <p><input type="checkbox"/> Processed</p>	<p>7. <b>Ginger snap cookies</b> (made with real ginger and molasses)</p> 	<p><input type="checkbox"/> Whole</p> <p><input type="checkbox"/> Processed</p>
<p>3. <b>Glazed Honey Buns</b></p>	<p><input type="checkbox"/> Whole</p> <p><input type="checkbox"/> Processed</p>	<p>8. <b>Apples</b></p>	<p><input type="checkbox"/> Whole</p> <p><input type="checkbox"/> Processed</p>





			
<p>4. <b>Vanilla Snack Pack</b> (made with real milk)</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole</li> <li><input type="checkbox"/> Processed</li> </ul>	<p>9. <b>Grilled Chicken Breast</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole</li> <li><input type="checkbox"/> Processed</li> </ul>
<p>5. <b>Can of tuna</b> (in water)</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole</li> <li><input type="checkbox"/> Processed</li> </ul>	<p>10. <b>Laffy Taffy</b> (sour apple, grape, strawberry)</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Whole</li> <li><input type="checkbox"/> Processed</li> </ul>