

Use this document to plan and record your progress on the **Fuel Up** project.

**Step One:** Familiarize yourself with the [Canada Food Guide](#) by reading both slides on the home page.

1. List 4 main differences between the 2019 Canada Food Guide and what you have learned in the past.

**Step Two and Three:** Read the [Tips section](#) of the Canada's Food Guide website. Focus on sections that apply to you.

1. List at least three tips sections that you read.
2. Identify the tip section that you can use to improve your eating habits.
3. Copy and Paste the section of the description which states where your focus will be for your 3 day eating habits challenge.

**Step Four:** Set and Goal and make a plan to achieve it.

1. Make a goal for a consecutive 3 day period that will lead to your improved diet. This should be related to the tip you have identified in step two.
2. Make a plan to achieve your goal. List at least 3 things you will **do** to ensure you achieve your goal.

**Step Five:** Record your progress

1. Set up a system to record what you are doing. This can be done in a table or done through comments. The start of a table is provided or you may create your own.

Day	Notes/ comments	Did I achieve my goal today?
Day 1		
Day 2		
Day 3		

**Step Six :** Make a presentation including:

- Information about the first 5 steps
- Answers to the following questions:
  1. Were you successful in achieving your nutrition goal? Explain.
  2. Did you have any noticeable changes in energy levels over the 3 days? Explain
  3. Did you have any noticeable changes in general health over the 3 days (such as sleep, general mood, ect.)
  4. What barriers did you face in making the change to your diet?
  5. Will you be able to continue this changed behaviour throughout your lifetime?
  6. What have you learned about yourself and/or your nutrition choices through completing this assignment?

Your presentation should be made with PowerPoint, Google Slides or video. Submit both your presentation and planning sheet for grading.

You will be marked using the guide below.

## Marking Guide

Criteria	Possible Marks	Student Mark
Planning Sheet is fully complete	5	
Presentation contains content from all Five Steps	5	
Each question from Step Six is addressed in full detail. (3 marks each)	18	
Presentation contains photographs/video of you. Must be related to the process of achieving your nutritional goal.	5	
Presentation Quality: Professional look and feel.	5	
Free of spelling or grammatical errors	2	
<b>Total</b>	<b>40</b>	