

PE and Health
Remote Learning Packet
Week 5
Grade 3-8

Packets are to be completed when you receive a call stating that it is a “Remote Learning” day.

All work must be completed and returned to school the next day that we are in the building.

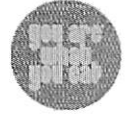
Packets will be graded and counted. Please make sure that you are completing the assignment for the correct day.

Please do not work ahead!

Student: _____

Parent: _____ **Date:** _____

Day 1-5



Food Diary

Keep a diary of what you eat for a whole week. Be descriptive! Be accurate about everything you eat! And keep track of the exercise you do.

	Monday	Tuesday	Wednesday
Breakfast			
Lunch			
Dinner			
Snacks			
Extra Drinks			
Exercise (description + minutes)			

Food Diary continued...

	Thursday	Friday	Saturday	Sunday
Breakfast				
Lunch				
Dinner				
Snacks				
Extra Drinks				
Exercise (description + minutes)				

May 3

Name _____ Period _____ Date _____

4. What are some reasons you think people eat "junk food"?
5. Is it OK to eat "junk food"? How often is it OK?
6. How much do you **think** about your food choices on a daily basis? Does someone make those choices for you?
7. Are there any changes you need to make to the **structure** of your eating? (*too much snacking, missing meals, etc.*)
8. Based on the analysis of your food diary, are you **satisfied** that you are providing your body with the correct amounts of nutrients you need stay healthy? Justify your answer.
9. On a scale of 1-10, with 10 being very healthy, how would you rate yourself in terms of your food choices? Why?
10. Overall, what did you learn about yourself and your diet after keeping a food diary?