NUTRITION PAPER DIRECTIONS

As part of your course, you were required to perform a three day diet analysis. Based on your diet analysis, you will write a paper based on the questions below. DO NOT type the question and then the answer. Follow the directions on the directions page.

1. The cover page should have your name, student ID number, course number, section and the date of submission on it. The second copy has your student ID number, course number, section and the date of submission on it but NOT your name. NO Need Second COPY.

we will make CoverPage ours

2. Set the font size to 12 and print style set at Times New Roman.

3. The paper should be double spaced.

4. Set the margins at 1" and the line spacing at zero.

5. The questions should be answered in paragraph form in complete sentences.

6. Perform a spelling and grammar check before submitting.

7. **DO NOT** use the Connect Core Concepts of Health text book as a reference.

8. Use a **minimum of two references from scholarly books or journals** (not more than five years old) and **three websites (.edu and .gov only)** all from scientifically based sources.

9. There should be a separate reference page at the end of the paper in APA format.

10. Quote your sources in the body of the paper in APA style.

11. Your answers should be thorough.

12. The paper should be a minimum of five pages and no longer than seven pages.

13. Submit **TWO** copies of the paper in the following order: the cover page, the paper and the separate reference page.

14. **DO NOT** use your name or your instructor's name in the paper.

NOTE: Students need to submit TWO copies of the nutrition paper and must have your student ID, course number and section on the cover page. DO NOT put your name or your professor's name on the second copy.

90 Russell St, STE 100
Diet

NUTRITION PAPER WRITE UP

As part of your course, you were required to perform a three day diet analysis. Based on your diet analysis, you will write a paper based on the questions below. DO NOT type the question and then the answer and follow the directions on the directions page.

Section One: Introduction: Explain the purpose of writing this paper in at least 4-6 sentences.

Section Two: List 3 strengths of your diet and evaluate why they are strengths.

Section Three: List 3 weaknesses of your diet and evaluate why they are weaknesses.

Section Four: Based upon your current dietary weaknesses and other wellness factors (i.e. heredity, socioeconomic status etc.) what disease are you at greatest risk for developing? Explain what wellness factors make you susceptible to this disease, how the disease affects the body, and what the treatment and prevention techniques for the disease are.

Section Five : Compare and Contrast a minimum of three similarities and differences between the U.S. food model and a country that has a lower incidence of the disease explained above. What dietary and lifestyle factors contribute to the lower incidence of this disease in the culture or country chosen?

Note: Perform a web search on the country you are interested and plug in 'food guides.' Example: 'China food guide.'

Section Six: Examine what you have learned from writing this paper. Identify three realistic goals for yourself that will assist you in achieving a healthier diet and limit your risk factors for the disease explained in section four. Explain how you will achieve your goals in the future. Keep in mind issues such as what habits you may have to change to be successful in achieving your goals.

Note: Include the data sheets (or screenshots) with your paper.

Nutrition Analysis Instructions

Read all instructions prior to starting the project (including the other file attachments).

Step 1:
You will be using "nutria-calc" the dietary analysis tool found in CONNECT. The first step is to create a profile and watch the tutorials on how to input your data into the system to generate the reports needed to complete the analysis.

Record your food, beverage and snack intake for three consecutive days. One of those days must be a weekend (Friday, Saturday or Sunday) as people often eat differently on the weekend.

Please do not include multi-vitamins or any supplements that are fortified with extra vitamins and minerals, protein, creatine, etc. Supplements of this type are typically bought at GNC, The Vitamin Shoppe etc. but do not include every day food like cereal, orange juice etc. that have had vitamins and minerals added by the food manufacturer. If you have any questions about a supplement you are taking, please send me an email and we can discuss. The goal of this project is to identify if you are meeting your macro and micronutrients needs with REAL food. I am NOT asking you to stop taking any of these supplements, however I am asking you NOT to record them in your project and only include food, beverages, snacks.

Finally, this project requires honesty about the food and the portions you are eating. People in general make changes to improve their health only when they are conscious of their behavior and actions. This project is intended to help YOU understand what YOU are doing well, or not so well with your eating plan. Your grade will reflect your ability to meet the objectives/requirements of the project and follow the detailed instructions, and not whether you are eating junk food or high nutrient quality food.

Step 2:

After you have read GREATS Nutrition Project instructions and understand the parameters for the project, you may now start logging your food intake into the "nutra-calc" (Connect).

Step 3:

After you have all three days recorded and saved in "nutra-calc", it is time to start analyzing the data and write your GREATS paper. The questions you need to answer in essay format as well as the rubric are attached as documents to this assignment in Bb. Please follow the instructions for submitting two copies of your project very carefully.