

Track your 2 day eating habits

DAY 1			
Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	1 cup oats, 3 cups milk, 1/2 banana	1130 kJ	Carbs, fruit, dairy
Lunch	Grapes, Protein bar 2x Whole grain bread, tuna, shredded carrot Beef jerky Grain waves	3371 kJ	Fruits, nuts, fats, carbohydrates, grains, meat, vegetables
Dinner	Pasta, cheese	3163 kJ	Carbohydrates, dairy
Snacks	Milk, chocolate ice cream, 10g protein powder, 1x mixed berries	2917 kJ	Dairy, fats, protein, fruits

DAY 2		
Food consumed	Kilojoules	Major nutrients
1 cup Oats, 3 cups milk, 1/2 banana	1130 kJ	Carbohydrates, Dairy, fruit
Grapes, Protein bar 2x Whole grain bread, tuna, shredded carrot Beef jerky Grain waves	3371 kJ	Fruits, nuts, fats, carbohydrates, grains, meat, vegetables
potato	1857 kJ	Vegetable/carbohydrate
Milk, chocolate ice cream, 10g protein powder, 1x mixed berries	2917 kJ	Dairy, fats, protein, fruits

5 min task read this article :

<https://avitahealth.org/health-library/macronutrients-a-simple-guide-to-macros/>

Write a 50 word summary on:

Kilojoules

What are they?

How many Kilojoules are recommended for Australian Adults per day?

How many kilojoules for your age group is recommended? Does it vary according to anything?

Protein

What is its role in the body?

What foods do you find it in?

How many kilojoules in 1 gram?

Carbohydrates

What is its role in the body?

What foods do you find it in?

How many kilojoules in 1 gram?

Fats

What is its role in the body?

What foods do you find it in?

How many kilojoules in 1 gram?

5 guidelines

5 minute read

<https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>

Your daily food intake

How does my diet match up with:

Recommended kilojoule intake for my age?

What will happen if I keep eating the same amount of food long term?

How does my diet match up with:

Guideline 1:

Guideline 2:

Guideline 3:

Guideline 5:

Discuss intake of:

Protein:

Why is it important?

Fats:

Why is it important?

Carbohydrates:

Why is it important?

Make 4 recommendations or changes to your diet and justify why?

1.	
2.	
3.	
4.	