HLTH 4330 Fundamentals of Nutrition
Assignment # 3: Nutrition Self-Assessment Comparison - Assignment Requirements
Worth 100 Points

1. Include the title of the assignment and your full name at the top of the first page. Save your work in a **Word document and uploaded it to D2L with your last name as part of the saved file**. **Responses should align with the number of the item as posted in the guidelines Submit written responses and the dietary recall record as one document. One word or one sentence responses will not earn full credit for the items (5 points)**

2. Refer to the Nutrition Self-Assessment that you completed earlier in the semester. If your initial assessment was void of key information, make the recommended revisions for this assignment. **Copy and paste** the initial self-assessment dietary intake information onto the **COMPARISON ASSESSMENT FORM provided under the "initial" column**. Post the current 3-day intake on the same form in the column listed as "current." Failure to combine data on the designated form will result in points being deducted **(15 points).**

3. Assess your intake for the CURRENT three (3) day period based on the recommended dietary intake. Examine the type of food consumed and the amount (cups, ounces, teaspoons, etc.) during the CURRENT 3-day period. Also, record the amounts of calories, carbohydrates, fats, and proteins consumed and the **percentage of the nutrients** consumed as compared to the recommended percentages. Provide specific intake information (amount, calories, carbohydrates, fats, and proteins). Discuss how the current three-day intake period compares to the recommended dietary intake. **(25 points)**

4. **Compare** your **current** 3-day intake with the one at the beginning **(initial)** of the semester. How do the two entries differ? Provide specific comparisons for all nutrients and calories. Are any of these areas still low, missing, or improved? **Discuss** the specific low, missing, or improved areas and what impacted or influenced the outcome. **Please note that this item is not the same as item #3. (25points).**

5. In the nutrition self-assessment assignment at the beginning of the semester, you stated three tips to improve your eating habits. **Restate the habits identified** from the initial assessment. Did you improve your eating habits by using the three (3) ways to correct your deficiencies? How? If not, why not? How do you plan to improve your nutritional intake in the future? **(25 points)**

6. The assignment must adhere to proper grammar, spelling, and punctuation. **Page limit of five. (5 points)**

7. Post/submit your assignment/document to the Assignment dropbox under the Comparison Self-Assessment link on the Course Home page **by the due date on the course calendar**.

8. Note: This assignment counts 13% of the final grade. You must follow the directions and thoroughly answer **all** of the questions to earn the maximum point.

D. Cody, Developed 8/2016; revised 1/2017; 5/2017; 8/2017;08/2021

ACG 5/2018; 8/2018; 1/2019; 8/2019; 12/2019; 02/2020; 05/2020; 05/2021; 08/2021

Assignment # 3: Comparison Nutritional Self-Assessment

INSTRUCTIONS: Use this form to record the initial three-day self-assessment and the current assessment. **(Item #2/ 15 Points)**

Name:

Day/Date	Breakfast		Lunch		Dinner		Snacks		Totals		
	Initial	Current	Initial	Current	Initial	Current	Initial	Current		Initial	Current
Day 1									Calories Carbs Proteins Fats		
Day 2									Calories Carbs Proteins Fats		
Day 3									Calories Carbs Proteins Fats		

Legend:

ACG: 05/2020