

# The I.T. way to healthy eating

STUDENT  
CHALLENGE

RESOURCE  
SHEET  
02

## THE CHALLENGE

Our diet affects the way we look, the way we feel and our ability to use our brain. What we eat as young people affects us both now and in the future. With the vast array of foods available in Australia, it is possible to have a diet that is both healthy and tastes good. Your challenge is to improve the nutritional value of your diet by including foods that YOU like—that is, set yourself up to be healthy now and in the future. To do this, follow the steps below.

1. Keep a record of the foods and drinks that you have consumed for three days. One of the days should be a weekend day. Make sure that you record the quantities as well as the type of food.

TO ASSIST WITH THIS STEP USE THE FOLLOWING RESOURCE SHEET(S):

RS03

2. Use FoodChoices® to analyse and evaluate the 3-day food intake with reference to Recommended Dietary Intake (RDI), Adequate Intake (AI) and Estimated Energy Requirement (EER). Save or print the analyses.

TO ASSIST WITH THIS STEP USE THE FOLLOWING RESOURCE SHEET(S):

RS01

RS53

3. Based on your FoodChoices® analyses, research the health implications of your diet and identify up to three areas for improvement. For example, list three nutrients that are too high or too low, or list energy intake plus two nutrients for improvement. Suggest changes to your 3-day food intake in order to improve its nutritional value and use FoodChoices® to test out your suggestions. Make any further amendments necessary to bring the three items on your list within the suggested range.

TO ASSIST WITH THIS STEP USE THE FOLLOWING RESOURCE SHEET(S):

RS04

RS05

RS06

RS07

4. Set goals to improve your food intake and write a justification for your goals based on the nutritional improvements that will result.

TO ASSIST WITH THIS STEP USE THE FOLLOWING RESOURCE SHEET(S):

RS08

5. Identify the enablers and barriers—the factors that would make it easy and the factors that would make it difficult—to achieve the goals.
6. Work with a support group to develop and implement a plan to overcome the barriers and achieve your goals.



7. After a set period of time, keep a new food diary and use FoodChoices® to analyse your intake to see if improvements have been made. Evaluate the changes that were made.

TO ASSIST WITH THIS STEP USE THE FOLLOWING RESOURCE SHEET(S):

RS03

RS04

8. Reflect on what worked well, what did not work so well, what you learned and what helped you to learn.

## COMPLEMENTARY ACTIVITIES

1. Prepare foods to support your goals.
2. Analyse a range of recipes to identify those rich in the nutrient(s) related to your goals.
3. Use FoodChoices® to analyse your food intake with reference to sources of energy and make recommendations such that the intake complies with nutritional recommendations for the percentage of energy from protein (15–25%), fat (20–35%), saturated fat (10% or less), carbohydrate (45–65%) and alcohol. Note that these values apply only to people aged 14 years or over.
4. Evaluate your food intake using a non-digital tool such as *The Australian guide to healthy eating* (see Resource Sheet 68). Compare the strategy for analysis with using a computer analysis program such as FoodChoices®.
5. Critique your food intake with reference to the *Dietary guidelines for children and adolescents in Australia* (see Resource Sheets 14 and 69). Compare the strategy for analysis with using a computer analysis program such as FoodChoices®.