# Nutrition

## What You'll Need:

- A Nutrition Meal Tracker
- A pen or pencil
- Research materials (optional)

## What You'll Do:

**1.** For this activity you will be logging the food you eat for an entire day and sorting that food into different nutrient categories. Before you get started, make sure to answer questions 1 and 2 on your "What You Discovered" worksheet.

**Note:** *To sort your foods, you may need to do some research online about the foods you're eating to figure out which nutrients it contains. Make sure when doing this research that you do so with your parents' permission and supervision.*

**2.** Eat breakfast and write down the foods you ate under the different categories of nutrient they belong to on your Nutrition Meal Tracker.

**Note:** *Some foods fit into more than one nutrient category. For example, milk is a source of both protein and fat.*

**3.** Eat lunch and use your Nutrition Meal Tracker to write down the foods you ate under the different categories of nutrient they belong to.

**4.** Eat dinner and write down the foods you ate under the different categories of nutrient they belong to.

**5.** If you eat any snacks throughout the day, write down each food item under the category of nutrient where it belongs on your chart.

**6.** At the end of the day, look over the information you recorded to see if there are any patterns. Take time to finish your "What You Discovered" worksheet by answering questions 4–7.

## What You Discovered:

*Answer the questions below as you work on your nutrition experiment.*

**1.** How well do you think you do at eating a healthy diet?

**2.** What is your favorite healthy food?

**3.** Which type of nutrient did you eat the most of?

**4.** Which type of nutrient did you eat the least of?

**5.** Why is it so important to eat nutritious, healthy foods?

**6.** Is it easy or hard to eat healthy foods? Why?

**7.** What can you change to help you eat a little bit better in the future?

## What Does It Mean?

Eating healthy foods and getting the nutrition your body needs starts with being aware of what you're eating. Taking time to consider the food you eat allows you to more fully consider your nutrition choices and to learn what you're doing well and what you can do a bit better. Making good choices about the food you eat is an important step toward lifetime wellness.

## What to Do Next:

• Find healthy recipes and, with the help and permission of your parents, learn how to make them. A great place to find new recipes is the dōTERRA® Product Blog.

• With your parents' permission, share your favorite healthy food on social media using the hashtag **#doterrascienceforkids.**

• Read the other dōTERRA® Science for Kids nutrition units on the dōTERRA® Science Blog.