

### Worksheet 1-3: Why Do You Eat What You Eat?

**Instructions:** Record what you eat and drink for 1 day in the spaces provided below. Note what helped you decide to pick a particular food. Some examples could be convenience, taste, familiarity, cost, or other reasons.

	Food	Preparation Level	Amount	Reason
<b>Breakfast:</b>				
<b>Snack:</b>				
<b>Lunch:</b>				
<b>Snack:</b>				
<b>Dinner:</b>				
<b>Snack:</b>				

Table 1-5 in the textbook shows a glossary of food types. Compare your food types recorded with the food types described.

1. Do you see any patterns in the food types that you choose?
2. Do you eat any one type of food type more than others and, if so, why might this be?
3. How could you adjust your diet such that you can included more whole foods or enriched foods?