

Nutritionist Survey Method 1: Assessing Snack Foods

Snack Food Sleuthing (Tracking)

Over the next three days, keep track of the snack foods you eat. Eat the way you normally do. This exercise will help you identify a snack food profile for you and your class.

At the end of each day, write the number of times you ate the food listed. For example:

- if you ate a piece of cake at lunch that would be 1,
- if you had a milkshake after school that would be 1,
- if you had 2 bag of chips before dinner that would be 2,
- if you had a can of soda on the way to school, with lunch, and with dinner that would be 3.

At the end of the three days, add up the number of snack foods by item (across each row) and write the amount in the total column.

Reflect on where and when these foods are eaten in the spaces below the table.

	DAY ONE	DAY TWO	DAY THREE	TOTAL
Baked Goods				
Cookie				
Cake				
Pie				
Brownie				

	DAY ONE	DAY TWO	DAY THREE	TOTAL
Ice Cream				
Ice cream				
Ice cream sundae				
Sherbet				
Milkshake				

	DAY ONE	DAY TWO	DAY THREE	TOTAL
Chips				
Potato chips				
Corn chips				

	DAY ONE	DAY TWO	DAY THREE	TOTAL
Candy				
Chocolate				
Nonchocolate				

	DAY ONE	DAY TWO	DAY THREE	TOTAL
Beverages				
Regular, non-diet soda				
Sweetened fruit drink				

1. Where are you most often when you eat the snack foods above? Some examples include on the way to school, at school, at the mall?
2. What are you doing most often when you eat the snack foods above? Some examples include hanging out with friends, watching TV, eating with the family?
3. What are your conclusions about your snack food profile?
4. The recommended servings of snack foods are no more than 2-3 snack foods per day. How do you compare to this recommendation?
5. If you need to improve your snack food profile, where would you start?


Group Work: Analyze your Results


1. Review your data and create a graph

Nutritionists, put your data into a graph to help you decide how the snack food consumption of your classmates measures up.

Once everyone in the group completes the surveys, combine the information into the tables below.

First, total the results of all the surveys using the tables below and a calculator. Write the numbers from the total columns (3 day total) of each person in your group to the correct column and row.

	Baked Goods				Ice Cream			
	Cookies	Cakes	Pies	Brownies	Ice cream	Ice cream sundae	Sherbet	Milkshake
Student 1								
Student 2								
Student 3								
Student 4								
Student 5								
Student 6								
Student 7								
Student 8								
Total 								

	Chips		Candy		Beverages	
	Potato chips	Corn chips	Chocolate	Nonchocolate	Regular soda	Fruit drink
Student 1						
Student 2						
Student 3						
Student 4						
Student 5						
Student 6						
Student 7						
Student 8						
Total 						

Total each column. Using the graphs for “Survey 1 – Snacking patterns” in the *Nutritionists’ Presentation Template*, replace the “total” data with the numbers from the last rows above.

2. Note special comments

Using a highlighter marker, mark comments classmates made that you feel are especially important. As a group, decide on 3-5 comments to share with the class in your presentation.

3. Discuss what you've learned

As a group, decide the most important things you've learned about the diets of your classmates.

What are your conclusions about your group's snack food profile?

The recommended servings of snack foods are no more than 2-3 snack foods per day. How does your group compare to this recommendation?

If you need to improve your group's snack food profile, where would you start?