

Meal Audit Tool

Student Name: _____ Date: _____

Meal Audited: _____

(Describe the meal: ingredients, preparation, where it was eaten, etc.)

1. Nutrition & Balance

Evaluate based on key food groups and macronutrient balance.

Component	Present? (✓)	Comments
-----------	--------------	----------

Vegetables or Fruits		
----------------------	--	--

Whole Grains		
--------------	--	--

Lean Protein		
--------------	--	--

Healthy Fats		
--------------	--	--

Added Sugars/Excess Salt		
--------------------------	--	--

Portion Sizes Appropriate		
---------------------------	--	--

Rating (circle one): Excellent / Good / Needs Improvement

2. Level of Processing – NOVA Classification

Rate each item in the meal:

Item	NOVA Group	Notes
------	------------	-------

	Group 1 / 2 / 3 / 4	
--	---------------------	--

	Group 1 / 2 / 3 / 4	
--	---------------------	--

	Group 1 / 2 / 3 / 4	
--	---------------------	--

Overall Meal Processing Level: Mostly Group 1–2 / Mixed / Mostly Group 4

3. Environmental & One Health Impact

Does the meal include meat from industrial animal agriculture? Yes / No / Not sure

Are there plant-based components (legumes, whole grains, vegetables)? Yes / No / Not sure

Is the food locally sourced or seasonal? Yes / No / Not sure

Was there excessive packaging or plastic involved? Yes / No / Not sure

Rating: Low / Moderate / High environmental impact

4. Cultural Relevance & Enjoyment

Is this a meal you or your family eat regularly?

Does it reflect any cultural traditions?

Did you enjoy it?

If yes, describe cultural tradition or enjoyment reasons.

5. Social Determinants of Health

Was this meal affordable for most people in your community? Yes / No / Unsure

Is this food available at your nearest store or corner store? Yes / No / Unsure

Was time a barrier to preparing or eating this meal? Yes / No / Unsure

Was this meal influenced by advertising or convenience? Yes / No / Unsure

Rating: Low-barrier / Medium-barrier / High-barrier meal

Overall Reflection

1. What are two strengths of this meal?

a. _____

b. _____

2. What would you change or improve, based on this audit?
