

Diet In and Out of School

This practical will examine your diet during a typical week of school and during a weeklong holiday.

Procedure:

Make a hypothesis as to what results you will find, based on looking at the data for school/no school or between the sexes. Keep your hypothesis simple, but quantifiable (e.g., do not write *more* or *less*, but $\frac{1}{2}$ *as much* or *50% increase*). You are not marked on having a correct or incorrect hypothesis but it is a good idea to state one for addressing later in the DEC.

Record your daily intake of food in a food journal for one school week (Monday through Friday inclusive). Include all beverages and snacks, but keep tea (without milk and sugar) and water in a separate category. Transform each day's worth of food into the [seven categories we previously examined](#) (Fats and Oils, Protein, Breads/Grains, Fruits, Vegetables, Dairy, and Sugar), and convert them into servings for each day (5 sets of data).

Do the same for your February Ski Week holiday (Monday through Friday only), transforming and converting this data as well.

Process the raw data appropriately and draw comparisons and conclusions about your findings related it to your hypothesis.

Criteria Assessed:

DEC (Discussion, Evaluation and Conclusion)