Food Diary: Teacher Directions
Step Two
To complete during advisory on February 2 (7th) & February 16 (8th)


At the “Welcome to MyPyramid Menu Planner” page, enter the appropriate information – Name, Age, Gender, Weight, Height, and Physical Activity - in the field boxes on the left side only. Click on Submit. This will lead you to the Start Menu Planning page.

(Do not complete the User ID or Password fields on the right column.)

Start Menu Planning Page
In the upper right hand portion, an individual daily calories goal, based upon the information provided will appear. Please note that daily calories allotted in purple.

If after entering your information on the welcome page, a Please Note page appears, click on the appropriate “Would you like to plan menus” option – For your current weight or To gradually move toward a healthier weight. This will lead you to the Start Menu Planning page shown above.
If after entering your information on the welcome page, a Please Note page appears, click on the Yes button to the question. This will lead you to the Start Menu Planning page shown above.

**Step Three**

Refer to your Food Diary entries on page one, enter each individual food item in the Start Menu Planning box.

**Example:**

Enter in the Search box: Apple Pie

Click on Search tab.

**Notice:**

For Apple Pie there are several selections that appear.

Make the appropriate selection by clicking on it.

After you have made your food selection, choose an amount and meal time. After you have done that, depress the Add button.
Watch the Daily Goals portion as the food groups are populated. You will notice that the Daily Limits for Total Calories and Extras will increase too.

Please note that at the bottom of the screen a Menu is being created from the foods that you have eaten. This menu can be edited and then printed. (Optional)

Keep entering the individual food items until completed.

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**Step Four**

After you have input all your food diary entries, click on the Reports Tab, and then, select My Next Steps.

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**Step Five**

A My Next Steps will be created based upon the food diary entries. Have students individually review their profile.

Students are to take an advisory tally for the various categories – Whole Grains, Vegetables, etc. and indicate the number of - low, good, high – ratings for each category.

Example: Whole Grains – Low = 5, Good = 6, High = 3
My Next Steps Advisory Tally
Enter the number of student responses in the boxes below

<table>
<thead>
<tr>
<th></th>
<th>Low</th>
<th>Good</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grains</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Meat &amp; Beans</td>
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<td></td>
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<tr>
<td>Total Calories</td>
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<td></td>
<td></td>
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<tr>
<td>Extras</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fats</td>
<td></td>
<td></td>
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</tbody>
</table>

Teachers are to:
1. Make a copy of the advisory tally results and submit to Lori Murkami or Gail Vannatta. The advisory that has the healthiest eating habits will be treated to a “healthy snack” by Chef Frady. One homeroom per grade level will be selected.
2. Go to the Survey Monkey and enter your advisory data. The Survey Monkey link is under the Blog Roll on the SAC Blog main page (in the left hand column). This information will assist Chef Frady.

Step Six (Optional)
How can you improve the categories that are “low”? Mark the circle next to the area that you’d like to improve upon and then press Next to see how you can take this step to a healthier you.

Follow the directions for Reports: My Next Steps to learn how you can improve your eating habits.

Students are encouraged to revisit this website and take advantage of the information that is provided.