### Let's Eat Healthy!

<table>
<thead>
<tr>
<th><strong>Overview</strong></th>
<th>Students will create a blog to chart a three day food entry using USDA Dietary Guidelines for Food and Nutrition 202 including caloric, fat, and protein intake.</th>
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</thead>
<tbody>
<tr>
<td><strong>Objective</strong></td>
<td>Given the computer, Windows Live Writer, and a food chart, students will be able to post a three day food chart with 95% accuracy.</td>
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<td><strong>Standards</strong></td>
<td>12.4.9: Use technology for all aspects of creating, revising, editing, and publishing. NW-3.1: Apply USDA Dietary Guidelines in planning to meet personal and family nutrition and wellness needs across the life span. NW-4.1: Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.</td>
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</table>
| **Materials** | - Windows Live Writer  
  - Computer with Internet access  
  - F&N 202 textbook |
| **Procedure** | - Assign readings from the text book  
  - Navigate through WLW  
  - Allow class time and personal time to develop and continue updating the blog |
| **Evaluation** | - 10 pts- Completing the full three days with little or no errors  
  - 7 pts- Completing the full three days with several errors  
  - 4 pts- Completing two days with little or no errors  
  - 0 pts- No attempt of assignment |