**Grade 9 Physical Education and Health December 16, 2013**

**Create a Meal Plan**

Option 1: Create a meal plan for yourself following the Canada Food Guide and your daily caloric need. You are expected to create the plan for an entire day including breakfast, lunch, dinner, and any snacks. You need to tell me what your daily caloric need is and explain why you chose the activity factor that you chose. I expect you to meet all of the Canada Food Guide requirements and be within 100 calories of your daily caloric need. Below is an example of what I am expecting for one meal.

**EXAMPLE:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Food** | **Serving Size** | **Number of Calories** | **CFG Servings** |
| **BREAKFAST** |  |  |  |
| Whole-Grain Bagel | 1 bagel | 250 | 2 Grain Products |
| Cream cheese | 2 tablespoons | 200 | 2 Milk and Alt. |
| Banana  | 1 banana | 105 | 1 Fruit and Veggie |
| Glass of Orange Juice | 250mL | 140 | 2 Fruit and Veggie |
| **LUNCH** |  |  |  |
| Etc. |  |  |  |

Total Calories: 695

Total Fruits and Vegetables: 3

Total Grain Products: 2

Total Milk and Alternatives: 2

Total Meat and Alternatives: 0

Total Other: 0

|  |  |  |  |
| --- | --- | --- | --- |
| **RUBRIC** | **Criteria are met or surpassed****4-3** | **Some criteria are met****1-3** | **Criteria are not met****0-1** |
| Breakfast |  |  |  |
| Lunch |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| Totals and explanation |  |  |  |

**I will be marking meal (including snacks) to see that you have included all content shown in the example and all meals are balanced.**

**Totals must be present for calories and all food guide categories. I must see your resting metabolic rate equations and your activity coefficient. You must give an explanation for why you chose your activity coefficient.**

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Option 2: You will create 2 pregame meals for a physical activity such as basketball or hockey. You will be expected to create one meal that would be eaten 2-4 hours before game time followed by a snack 15-20 minutes before game time. You will also be expected to create a large snack that could be eaten 1-2 hours before games. You must explain to me what nutrients you will get from the foods in each meal and why it is important you eat each of these nutrients before participating in physical activity.

|  |  |  |  |
| --- | --- | --- | --- |
| **RUBRIC** | **Criteria are met or surpassed****8-10** | **Some criteria are met****5-7** | **Criteria are not met****Below 5** |
| Quality of Meal: Meals are high quality and are logical meals to eat prior to performing physical activity |  |  |  |
| Explanations: students show a full understanding of why the meal contains the nutrients it contains.  |  |  |  |

**Total: /20**