

Food Connections Journal #4

Write about how you feel your moods and emotions are tied into your eating. Give examples of situations where you noticed a correlation. Do you eat differently based on WHO you eat with?

What are some good eating habits you have? What are some bad eating habits you have? Are you satisfied with your nutrition level right now? Why or why not? What are some things you would like to change? Based on your group's topic/research, what are 2 things you could do to improve your nutrition this week?

Final Food Reflection

Journal #5:

Was it hard to remember what you ate and drank each day? Why or why not?

Did you tend to eat only when you're truly hungry? Why or why not? Did you eat dinner with your family at the kitchen table most nights? Why or why not? Did you eat in front of the

t.v. a lot? Did you tend to eat a lot of certain foods- more than a “serving size”? Did you regularly part of the “clean plate club” or did you waste food? Did you eat differently based on WHO you eat with?