

“WHAT I EAT” PROJECT

You will be creating your own “What I Eat” poster. Here are the steps:

- 1) **Find a subject.** The subject can be you, a friend that is not in Healthy You, or a family member.

Get the height and weight of the subject, and then come up with an appropriate “label” or “title” like “The Athlete”, “The Future Chef”, or “The Dentist”

Like on the classroom posters, write up a short paragraph (4-5 sentences) that does a good job introducing this person.

- 2) **Research.** You must include **5** statistics about Nevada state health. You can find these statistics with a google search, or go to www.americashealthrankings.org. Look for statistics on obesity, inactivity, smoking, cardiovascular disease, health ratings, etc. **Type up your 5 statistics and make sure to include your source at the bottom.**

- 3) **Food.** Have your subject choose a very typical meal for them (breakfast, lunch, or dinner), and a typical

snack. Type up a list of the meal food and snack food using the same format as the poster.

4) Map. Print off a map of your state and circle where this person lives. Try to find an image that matches the size on the classroom posters so that it doesn't take up too much room on your poster.

5) Photography. Using your phone or a digital camera, take the following:

- One main photo with your subject standing or sitting with their food (the meal AND the snack separated out) from #3, **and something about who they are in the background of the photo.**

For example, "The Athlete" might be sitting on a baseball infield with their food in front of them; or the "The Dentist" would be in their dentist office with their food laid out on the dentist chair.

- At least 2 other pictures that show us the subject's lifestyle, daily habits, circumstances of living

6) Poster. Use all of the parts 1-5 to create your own "What I Eat" poster, using the classroom posters as a guide. Type up all parts and make it look good!