

Three Day Diet Analysis

4 pages | 924 words

There will be two term exams, a final exam and one written assignment for this course. In addition to the three written exams, you will be required to carry out a 3 day diet analysis of you own diet. Details of this are provided below, but briefly, you will be required to record everything you eat for three days. Your nutrient intake will then be determined using a computer program "Diet Analysis + 8" which will be available on computers in Science SN 3000 for all students. If you bought a new copy of the text this year, you can access a web version of the software (access information is provided with the text). You will then be required to write an evaluation of your diet, discussing its strengths and weaknesses and what you might do to improve it.. Both the computer analysis and the evaluation must be turned in. This diet analysis will count for 10% of your course mark. The analysis is due on Friday March 9 in class. Analyses not turned in when due will have their mark reduced by one-half. That is, they will count for only a maximum of 5% of the course mark. Assignments not turned in by the last class of the semester will receive a mark of 0 (zero).

Summary of Evaluation: Due DateValue

- Term Exam 1Fri Feb 820%
- Term Exam 2Fri Mar 1520%
- Final ExamDuring Final Exam Period50%
- Diet Analysis (10%)Fri, Mar 810%
- Total100%

Policy on missed exams:

Marks from missed exams, regardless of reason, will be applied to the final exam. This applies to all students. All students have the option of not writing one or both of the term exams. If you miss one term exam, the final exam will be worth 70%, if you miss both term exams the final exam will be worth 90%.

Supplementary Exam:

A student who has clear or conditional standing may write a supplementary examination in Biochemistry/Kinesiology 2600 if the course grade obtained is 45-49 F and if his or her term mark is at least 50%. Students who wish to write a supplementary exam must apply in writing to the Biochemistry Department within one week of release of grades.

Diet Analysis

You are to record all the food you eat for three consecutive days, one of which must be a weekend day. That is you must record what you eat for Thursday, Friday and Saturday or Sunday, Monday, and Tuesday. Be sure to record portion sizes as well as what you ate.

You will need to have a labnet account in order to print out your analysis. If you do not have one be sure to set it up before starting your data entry.

Using the diet analysis+ software you are to analyze your intake for the three days. You can access this software in the Biochemistry Department Computer Lab, SN 3000 OR if you bought a new copy of...

Three Day Diet Analysis Essay

Lei Shi

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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