Title: 2 Day Nutritional Assessment

Author(s) and Attribution: This Activity was created by Kerstin Stoedefalke

Summary: This activity is designed to have the students examine their diets through recording and analyzing their diets in both Excel and Word

Context for Use: Educational Level is 1st and 2nd year students. Ideal classes for this project are ESS 100 (Health and Wellness) and/or ESS 201 (Nutrition)

Learning goals (Measurable Outcomes) of your activity: Data entry into an Excel spreadsheet; pie chart representations of the data; creation of a table in Word.

Quantitative Concepts/Skills:
Excel Spreadsheet data entry; Creation of pie charts in Excel; Creation of a table in Word; percentage change

Background: Basic skills are the ability to enter data in an excel spreadsheet; ability to create a pie chart; ability to analyze the data and pie charts in the excel program

Materials Needed: Computer and data recording template (excel)

Assessment plan:
Completion of all required components of the assignment will demonstrate whether or not the student is able to obtain the outcomes