

HEALTHY MENU FOR A DAY & VISION

BOARD ASSIGNMENT

This assignment has TWO PARTS: 1) Healthy Menu for a Day and 2) Vision Board

1) Healthy Menu for a Day

Review the food guide plate from the Canada Food Guide. It implies 1/4 of your diet should come from proteins, 1/4 of your diet should come from whole grains, and 1/2 of your diet should come from vegetables and fruits.

Fill in the following chart using the calorie counter:

<https://www.webmd.com/diet/healthtool-food-calorie-counter>

Make a healthy menu for a day that you could realistically follow. An example for breakfast is there for you.

What is **your** total daily energy expenditure (calories) calculated? _____

| | Food item | Amount | Calories |
|----------------|-------------------|----------------------------|----------|
| Ex.) Breakfast | eggs | 2 | 143 |
| | toast whole wheat | 2 slices | 138 |
| | orange juice | 1 cup | 112 |
| Breakfast | | | |
| | | | |
| | | | |
| Lunch | | | |
| | | | |
| | | | |
| Dinner | | | |
| | | | |
| | | | |
| Snacks | | | |
| | | | |
| | | Total calories for the day | |

2) Vision Board

A **vision board** is a visual you create to reflect your personal goals. It can remind, inspire, and affirm your progress towards your goals. Your focus is on health and wellness goals (you can include others such as sense of self, family, etc.).

Brainstorm and research the following information:

- What are healthy lifestyle habits for my mental fitness, physical fitness, eating healthy, and general wellness?
- What steps do I need to reach my health and wellness goals?
- Set some deadlines in small increments to help meet your larger goals in terms of healthy eating, exercise, meditation, etc. What do I want to accomplish today? Next week? Next month? One year from now?
- How will you evaluate your progress? This is important, especially if you would need to redefine your goals.

This can be done electronically in a Word document or use an online program like Canva. You have freedom to use whatever program you would like to create your poster. You can also do it using magazines; then take a photo of your finished board to submit.

Step 1: Collect your images. Collect inspiring words and phrases. Enjoy the process of collecting.

Step 2: Once your collection is complete, begin to arrange your favorite images and words on the board. Your images should reflect your health and wellness goals. You can segment your board by specific areas, tell a story, and/or be completely innovative and creative in your layout.

Step 3: Put everything together in a well-balanced poster. You can add finishing touches from your own writing to stars and squiggles to make it your own. You can do this digitally as well.

Step 4: Write a detailed paragraph or two describing your health and wellness goals in your vision board—highlighting the words and images you chose.

Step 5: Upload your healthy menu, vision board, and paragraph to the course assignment dropbox.

Step 6: Post your vision board in your home where you will see it often. Focus on it for a few minutes at different times of the day to motivate you to achieve your goals.

There is an example on the next page.

Here is an example of a Vision Board:

