

3-2

Collecting Community Food Journals


In Task 3-1, the team learned about food journals and created your own. Keep these team journals in a safe place; you will use them later in your research. Now it's time to collect journals from across the research site. Food journals from a variety of people across the research site can provide helpful data, evidence, and a history of food in your community. This will be particularly useful to help you understand the diets of people of different ages, places in the community, and cultural backgrounds.

Objective



In this task, the team will collect food journals from a variety of different people in the research site. The team will be focusing on the following questions from the question map:

- **What are different foods and diets people eat to meet their daily needs?**
- **What evidence could we collect to help define food- and nutrition-related problems in our community?**

1. Go to the Task 3-2 folder and get the Collecting Food Journals—Blank Journal. You will also need your research site map from Task 2-1. 
2. Identify and make a list of people you could work with to collect food journals. Options include family and friends, neighbors who live in research site, and community partners identified in Task 2-6.
3. Determine how many days of data you want to collect from each person.
4. Work with the people you identify to collect the data from them to complete their food journals. (Note: The Food groups column will be completed by the team in Task 3-3, so leave it blank for now.)
5. On your research site map you created in Task 2-1, plot the location of each person from whom you collected food journal data.
6. How might the data from these food journals be useful when thinking about the problem question, **How do we ensure good nutrition for all?**

Hooray! You completed Task 3-2. Check it off the task list. *Go to Task 3-3!*



Task 3-2. Collecting Food Journals—Blank Journal

Name			Age			
Date & time	Meal	Item & ingredients	Amount	Brand	Notes	Food groups (Complete in Task 3-3)
	Breakfast					
	Lunch					
	Snacks					
	Dinner					
	Extra					
	Breakfast					
	Lunch					
	Snacks					
	Dinner					
	Extra					
	Breakfast					
	Lunch					
	Snacks					
	Dinner					
	Extra					
	Breakfast					
	Lunch					
	Snacks					
	Dinner					
	Extra					
	Breakfast					
	Lunch					
	Snacks					
	Dinner					



	Extra					
	Breakfast					
	Lunch					
	Snacks					
	Dinner					
	Extra					
	Breakfast					
	Lunch					
	Snacks					
	Dinner					
	Extra					
	Breakfast					
	Lunch					
	Snacks					
	Dinner					
	Extra					

