

Project Heart
Activities for the Classroom

Use this worksheet for one day to track the amount of vitamins and minerals in your diet.

Challenge: Use the diary everyday for one week. When the week is over, turn your list in to your teacher and earn a Heart Smart certificate from the Texas Heart Institute.

NUTRITION

24-HOUR NUTRIENT DIARY

Date _____

My fat-soluble vitamin is _____ (Example: Vitamin A)

Source of Fat-soluble Vitamin

| | | | |
|---|---------|--|--|
| Example: Carrots | | | |
| Serving size (indicate tsp, TBSP; cup, etc.) | 1/2 cup | | |
| Number of servings | 2 | | |

My water-soluble vitamin is _____ (Example: Vitamin B1)

Source of Water-soluble Vitamin

| | | | |
|---|---------|--|--|
| Example: Cereal | | | |
| Serving size (indicate tsp, TBSP; cup, etc.) | 3/4 cup | | |
| Number of servings | 2 | | |

My macromineral is _____ (Example: Magnesium)

Source of Macromineral

| | | | |
|---|---------|--|--|
| Example: Kiwi | | | |
| Serving size (indicate tsp, TBSP; cup, etc.) | 1/4 cup | | |
| Number of servings | 1 | | |

My micromineral is _____ (Example: Iodine)

Source of Micromineral

| | | | |
|---|---------|--|--|
| Example: Garlic | | | |
| Serving size (indicate tsp, TBSP; cup, etc.) | 1/4 tsp | | |
| Number of servings | 1 | | |