



Food Life Style Check Sheet



~Let's review own diets~

Student ID _____ Name _____ (M•F) Birth date _____ Y M D

★ Please answer the four questions below.

- 1 Living with family Yes / No [Person mainly in charge of cooking : _____]
- 2 Habitual exercise Yes / No [Details : _____ : hrs/ week]
- 3 Please write down your meals, snacks and drinks below.

If photographs are available, please paste these on the backside.

| | On Campus (ex. Weekdays) | | | Off-Campus (ex. Weekends) | | |
|----------------|--|------|---|--|------|---|
| | Items consumed (Name of menu • ingredients) | Amt. | Select one | Items consumed (Name of menu • ingredients) | Amt. | Select one |
| Break fast | | | Home Convenience store Dining out /co-op other | | | Home Convenience store Dining out /co-op other |
| Lunch | | | Home Convenience store Dining out /co-op other | | | Home Convenience store Dining out /co-op other |
| Dinner/ Supper | | | Home Convenience store Dining out /co-op other | | | Home Convenience store Dining out /co-op other |
| Snacks | | | | | | |
| Alcohol | | | | | | |

- 4 How do you evaluate your food lifestyle? Good • Average • Bad
- [What do you want to improve : _____]

For nutritionist

| 項目 | 評価 (高→低) | | | | | 備考 |
|----------------------|----------|---|---|---|---|----|
| | 5 | 4 | 3 | 2 | 1 | |
| 食事のバランスについて (総合的に) | | | | | | |
| • 脂肪の摂取量 | | | | | | |
| • 食塩の摂取量 | | | | | | |
| • 野菜・果物の摂取量 | | | | | | |
| • カルシウムに富む食品の摂取量 | | | | | | |
| 朝食を摂取しているか | | | | | | |
| 間食の摂り方は適正か | | | | | | |
| 飲酒量は適量か | | | | | | |
| 自分自身に必要な栄養や健康に興味があるか | | | | | | |



Food Life Style Check Sheet



~As it's a good opportunity, let us review our diets~

(You use photographs from your smartphone or cellphone; when using printed photos, please paste the bellow)

| | Schooldays (Weekdays) | | | Non-school days (Weekends) | | |
|------------|--|---------------------------------|--|---|------------------------|--|
| | Items consumed (Name of menu • ingredients) | Amt. | Circle | Items consumed (Name of menu • ingredients) | Amt. | Circle |
| Break fast | Bread coffee | 1 slice 1 cup | <u>Home</u> Convenience store Dining out /co-op other | Rice Soup Boiled egg | 1 bowl 1 cup 1 | <u>Home</u> Convenience store Dining out /co-op other |
| Lunch | Rice Hamburg Steak Salad soup | 1 bowl 1 1 plate 1 cup | Home Convenience store <u>Dining out</u> /co-op other | Meat sauce spaghetti salad | 1 plate 1 plate | Home Convenience store <u>Dining out</u> /co-op other |
| Dinner | Noodle fried mashed potato | | Home <u>Convenience store</u> Dining out /co-op other | Rice vegitable stir fry (cabbage, carrot, pork) deep fried chicken | 1 bowl 1 plate 2 | <u>Home</u> Convenience store Dining out /co-op other |
| Snack | chocolate | 1 pack | | Potato chips | 1 pack | |
| Alcohol | | | | beer | 350ml | |

| | | |
|-------------------------|--|--|
| Paste printed phot here | | |
|-------------------------|--|--|