

Ava Wants More Energy—Planning for Healthy Eating

To complete this activity, read the scenario below about how one student uses self-regulation and then answer the questions that follow.

Scenario: Ava lacks energy and spends too much money on energy drinks and cookies (her daily lunch). She falls asleep every afternoon in algebra and doesn't feel well in general. Ava wants to eat healthier. She decides to change her diet to low-sugar, minimally processed food and shift to eating more protein, fruits, and vegetables. Ava gives away all her energy drinks and writes out a menu of what she will eat for breakfast, lunch, dinner, and snacks (using a nutritional guidance website to ensure that her menus will help her meet her goals). She discusses the plan with her family and asks her mom to stop buying cookies. She then records her food intake using an app. She gets off track at a weekend party, eating chips and cookies. The next day, she decides to keep granola bars and dried fruit in her purse to have an alternative to chips and cookies when at parties. Each day she reviews the data in the app, tracking nutrients consumed compared to recommended daily allowances, and thinks about whether she ate a balanced diet that followed her menu. Using a printed calendar, Ava gives herself one to five stars for her effort that day and writes one personal success or challenge she experienced. Weekly, she thinks about what is working and what isn't, then revises her plan accordingly. She now has much more energy, stays awake in algebra, and feels healthier overall.

- How did Ava plan?
- How did she monitor?
- How did she adjust her plan? Did she ask others for help as necessary?
- How did she reflect?