

Daily food thoughts essay sample

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On Saturday morning I ate fried eggs with tomatoes because there is time for that in the weekend to prepare them. I had buttered toast with cheddar cheese and milk. During the day I had peanut butter sandwiches, my favorite chocolate chips, an apple and some sweets. In the evening we had tomato soup and French bread to dip into it.

On Sunday we had fried eggs with tomatoes again. Also, I had some milk and some waffles that we made. During the day I had some sandwiches with cheddar cheese. I had my favorite chocolate chip cookies, some vanilla ice cream. In the evening we went out for dinner to a Chinese restaurant.

On Monday I had cheerios with milk for breakfast and a cup of orange juice from a plastic bottle. So this was not freshly squeezed. I took cheese sandwiches to school and a banana. For dinner we had macaroni and cheese.

On Tuesday I had whole grain cereal with yoghurt for breakfast and orange juice. I took chocolate spread sandwiches to school and an apple. We had pizza for dinner, mine was with different kinds of cheese because I love cheese.

On Wednesday I ate cereal for breakfast again. I took cheese and tomato sandwiches to school and an apple. I had spaghetti for dinner and ice cream for dessert.

On Thursday I had cheerios with milk again for breakfast with orange juice. I took cheese sandwiches to school. I also brought my favorite chocolate chip cookies with me to school. After school I shared some chips and cookies with friends. For dinner we ordered fried chicken with fries.

On Friday I had cereal with yoghurt and orange juice. I took peanut butter

sandwiches to school. After school I had some snacks. For dinner I went out for a hamburger and French fries with friends. We had ice cream for dessert.

Final reflection

While doing this assignment, I found it difficult to remember everything I ate during the day. I focused mostly on breakfast, lunch, the things I took to school and dinner. But I also had snacks and soda during the day most of the times.

The assignment did make me think about what I eat, where my food comes from and how it is processed. I know that eggs, for instance, come from chicken and chicken live on farms. I know that chicken sometimes are kept under very bad circumstances, I saw a documentary about it once. However, I don't feel guilty about eating them because eggs are healthy for us. They are very good sources of protein.

Tomatoes are grown on farms and I don't have an idea where exactly they are grown and if they contain pesticides or not, what you sometimes hear. They taste good and I know they are healthy too that is why we eat them a lot.

The milk I drink comes in plastic bottles. The milk probably went directly from the cows to factories to be put into the bottles. I actually don't know if they are changed into a different form of milk or not.

I like peanut butter on my sandwiches but I don't know how peanut butter is made.

On Saturday and Sunday we always try to eat the same thing because it is more convenient. This assignment made me think about why we eat what we always eat. I don't have a problem with eating things I love, I don't know

if it is healthy or not. For this assignment I looked on the internet and read that eating different foods is healthy because different foods contain different sources of vitamins and minerals. I guess I have the average eating pattern of Americans, even though I don't know what the average American always eats. From classmates I sometimes hear what they had for dinner and it is not that different. They have pizza for dinner and go out for hamburgers and fries too.

I don't know where all the ingredients come from, even though I notice vegetables such as onion. Before this assignment I never thought about what food I ate. Also, the assignment made me think about where the food comes from, if it is made in a factory or grown on a farm, even though I don't always know where things come from. When I sometimes read the ingredients of a package or a box of my cheerios, I don't even understand all of the ingredients. I don't know if I am eating healthy or not. I usually eat what my parents tell me to eat and they think it is rather healthy. But I don't eat everything that you are supposed to eat. Through this assignment I will try to eat different foods.