**MY FOOD DIARY**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Keep a food diary for the two days of the weekend. Try and write down everything you eat and drink in the boxes. Put anything that you eat or drink in between your meals into the ‘snacks’ section.

CHALLENGE: Using the eat well plate on the back of this sheet, colour in the foods and drinks to show which section of the food plate they fit into. This will be useful for our next science lesson.

Date: Saturday \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ September

|  |  |  |
| --- | --- | --- |
|  | Food | Drinks |
| Breakfast |  |  |
| Lunch |  |  |
| Dinner/Tea |  |  |
| Snacks |  |  |

Date: Sunday \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ September

|  |  |  |
| --- | --- | --- |
|  | Food | Drinks |
| Breakfast |  |  |
| Lunch |  |  |
| Dinner/Tea |  |  |
| Snacks |  |  |

