

Activity sheet

My food diary

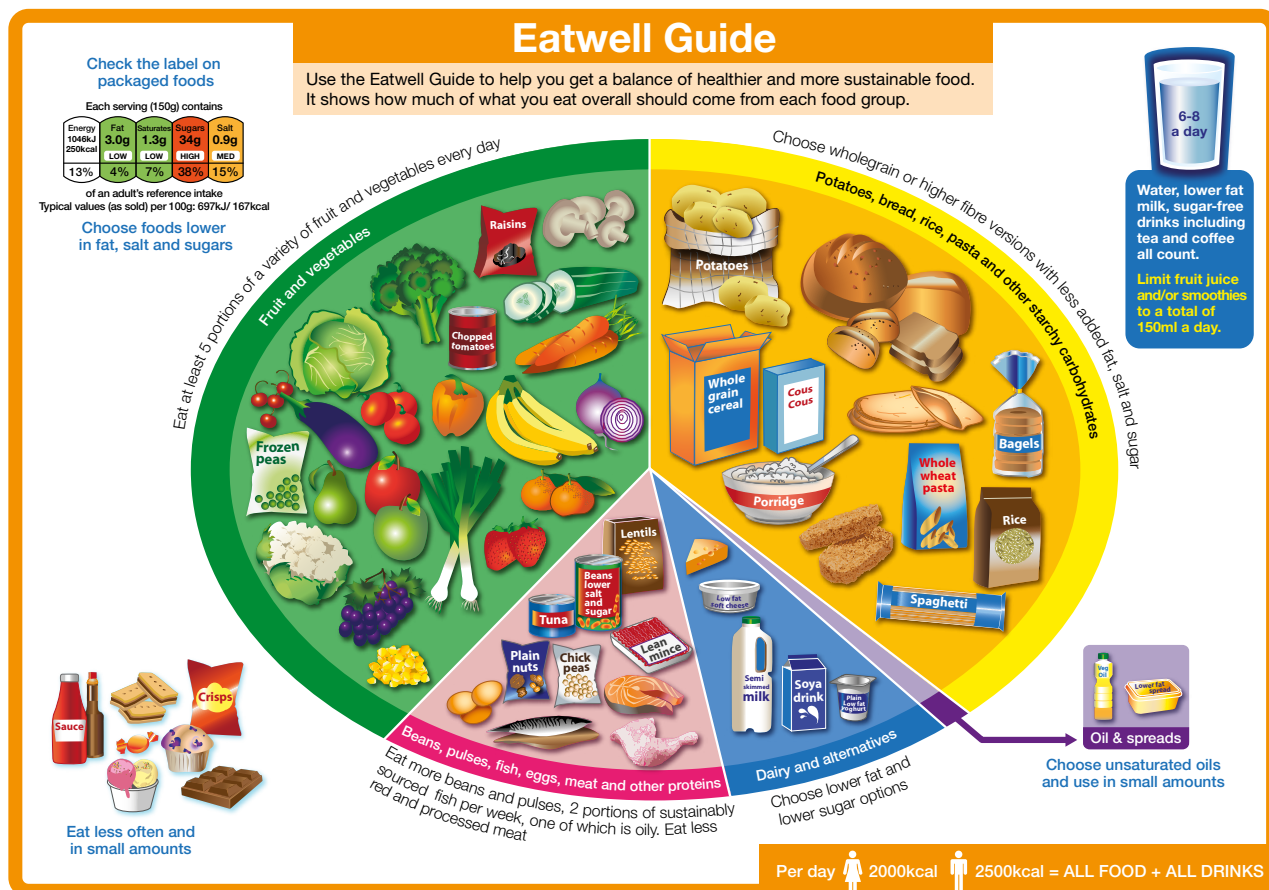
Instructions:

Make a list of the foods and drinks that you have on a typical day.

Notice that there are plenty of gaps in between meals to record those sneaky snacks!

My food diary	
Breakfast:	
Morning snack:	
Lunch:	
Afternoon snack:	
Dinner:	
Evening snack:	

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My food diary



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Use your own food diary and the Eatwell Guide, to answer the questions:

1. Are your daily meals balanced?

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2. Should you be having more of any food group?

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3. Is there too much of any food groups? A little or a lot?

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4. Is there a certain time of day when you eat more foods that are less healthy?

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