



Your Weekly Food Diary

Remember!

- Always wash your hands before handling food or eating.
- Eat five portions of fruit and vegetables a day.
- Always eat breakfast - cereal or toast will give you lots of energy, wake up your brain and stop your belly rumbling in class.
- Don't add extra salt to your meals. Too much salt is bad for your heart!

Meals or Snacks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Break							
Lunch							
Afternoon Break							
Teatime							
Supper							
Snacks or Sweets							
Water Intake							