

## Food Diary

When we return to school we are going to use our food diaries to look at diets!

Each day please add in what you have eaten for the day under the headings below.



### Monday

Breakfast:

Lunch:

Dinner:

### Tuesday

Breakfast:

Lunch:

Dinner:

**Wednesday**

Breakfast:

Lunch:

Dinner:

**Thursday:**

Breakfast:

Lunch:

Dinner:

**Friday**

Breakfast:

Lunch:

Dinner: