

Name:

Date:



## Food and drink diary

Write down everything you eat and drink for two days.

### Day 1

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Breakfast:

Lunch:

Evening meal:

Snacks:

Drinks:  
Did you have 6-8?  
Yes/No

### Day 2

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Breakfast:

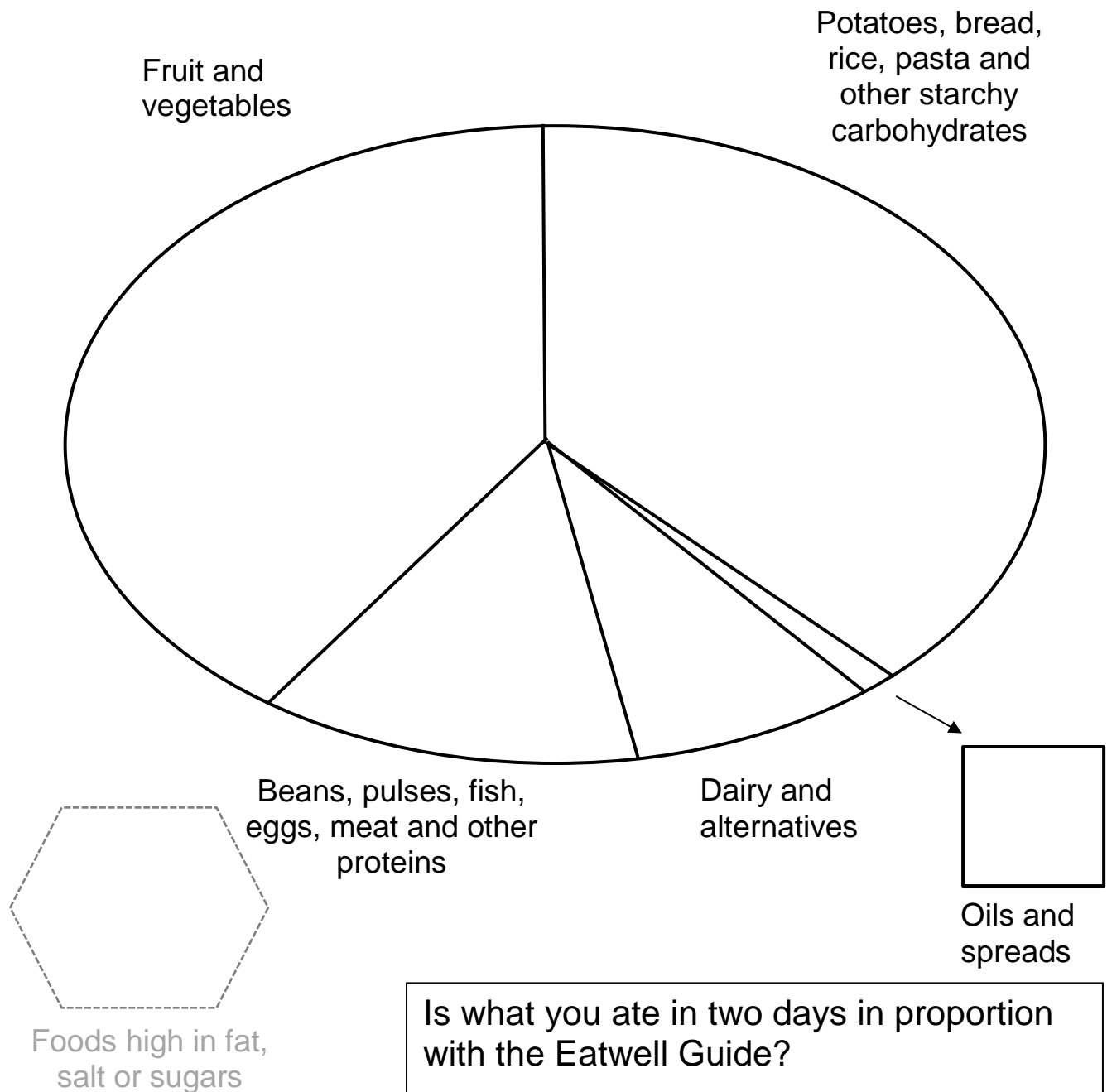
Lunch:

Evening meal:

Snacks:

Drinks:  
Did you have 6-8?  
Yes/No

Draw the food you ate over two days in the correct part of the Eatwell Guide. Look at the Eatwell Guide poster to help place the foods.



Is what you ate in two days in proportion with the Eatwell Guide?

Do you think you should eat more or less of any types of food?

