

# Food Diary

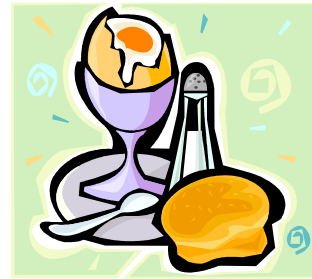
Try and keep a food diary on Saturday or Sunday  
e.g. breakfast



Eggs and bacon



cereal



boiled egg

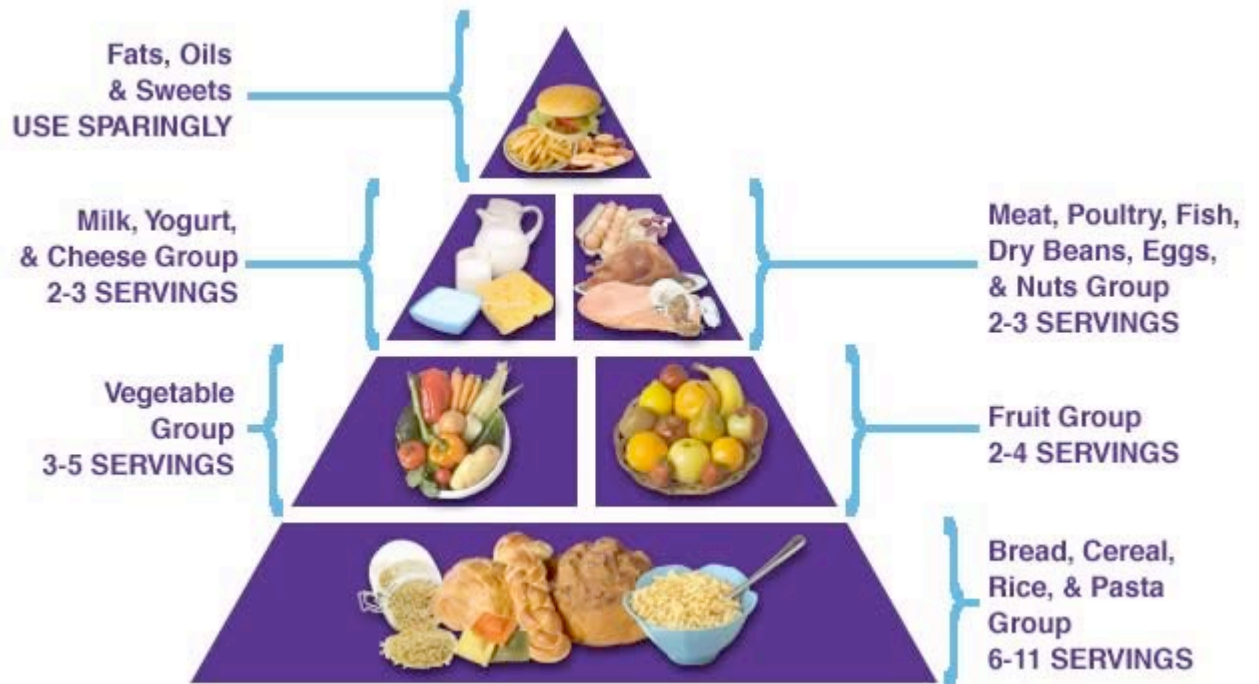
breakfast

Tea/supper/dinner

lunch

Snacks - cupboard raids!

Look at the food chart below. Try and decide what group the foods you eat are from.



Food groups	Why you need them.	Which foods have you eaten?
Carbohydrates Bread, pasta, rice cereal		
Proteins Fish, meat, milk, eggs		
fats milk, cheese, butter,		
<b>Vitamins+ minerals</b> Fruit, vegetable, dairy products		
Fibre Whole grain bread Cereals, fruits, vegetables		
Water drinks		

Spellings term 3 week 5