



This diary belongs to:  
.....

# FOOD DIARY

Dear Diary:

Yesterday I ate the following:

For breakfast I had:.....and at first break at school I ate.....I also had some ..... to drink, but then when the second break bell rang I immediately started snacking on my ..... and.....

At lunch time I ate..... and drank some .....I got quite hungry before supper was ready, so then I snacked on .....

When supper was finally ready, I had ..... together with..... and..... I also drank some ..... with my supper.

Today at school, we have learnt so much about healthy eating, and I am so excited to improve on my diet and try my best to eat a healthy, balanced diet.

I am going to start my healthy diet by replacing my ..... that I usually eat for ..... and also, instead of eating lots of ....., I'll rather have .....



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