

FOOD DIARY

Γhis diary belongs to:	

Dear_	Diary
1/em _	

Yesterday I ate the following:

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

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

When supper was finally ready, I had together with together with
and
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

. I'll rather have



An Initiative by the Consumer Education Project of Milk SA For more information and answers, visit www.dairykids.co.za Teacher's Resources - Guidelines for healthy eating. Page 10

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	C

Diary

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