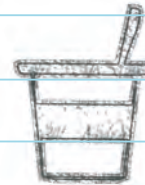
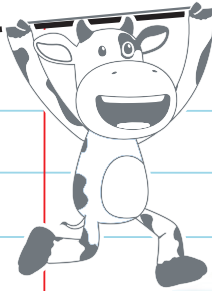


Activity sheet



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. When the bell rang for second break, I started snacking on some _____ .

At lunchtime I ate _____ and drank some _____ . I got quite hungry before dinner was ready, so I snacked on _____ .

When dinner was finally ready, I had _____ together with _____ and _____ . I also drank some _____ at dinner.

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

I am going to start my healthy diet by eating _____ for breakfast. Also, instead of eating lots of _____, I'm rather going to have _____ .

