



Keep a food diary for a week using the table below. Take your diary with you everywhere so that everytime you eat something, you can fill in your table.

At the end of the week you can see if your diet is up to scratch or whether it needs improving

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snacks</i>	<i>Drinks</i>
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i>Sunday</i>					