



A Diary About What I Eat & What I Do



NAME _____

DATE _____

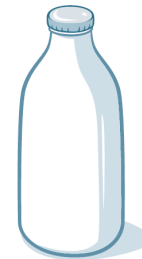
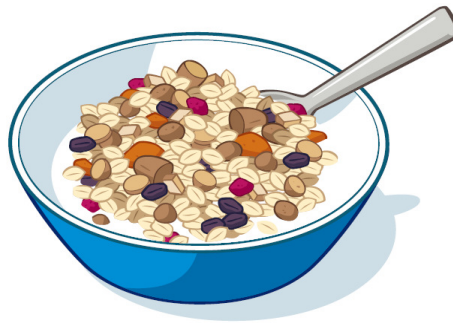
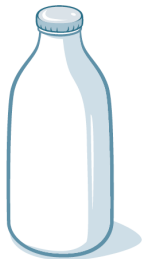
BREAKFAST!

What did you have for breakfast?

Write or draw what you had.

Food you ate...

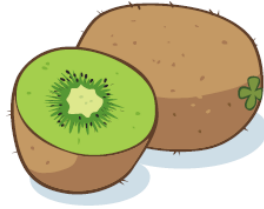
Drink you drank...



MID-MORNING SNACK!

What have you eaten as your morning snack?

Write or draw a picture of what you had.



Food you ate...

Drink you drank...

PHYSICAL ACTIVITY!

Have you done any exercise yet? Draw or write down any you have. E.g. walking to school.



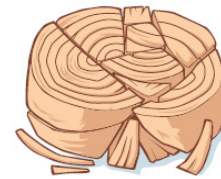
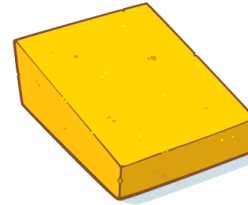
LUNCH TIME!

What have you had for Lunch today?

Write or draw a picture of what you had.



Food you ate...



Drink you drank...



PHYSICAL ACTIVITY!

Have you done any exercise today?

Draw or write down any you have.

E.g. run around the playground.

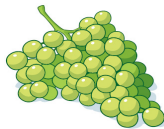
AFTER SCHOOL SNACK!

What have you had an after school snack?

Write or draw a picture of what you had.

Food you ate...

Drink you drank...



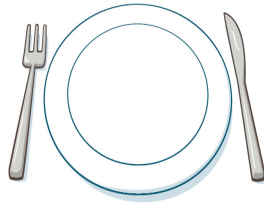
PHYSICAL ACTIVITY!

Have you done any exercise today? Draw or write down any you have. E.g. walking home from school or extra curriculum activities.

TEA/DINNER EVENING MEAL!

What yummy meal have you had for you tea/dinner or evening meal?

Write or draw a picture of what you had.



Food you ate...

Drink you drank...

PHYSICAL ACTIVITY!

Have you done any exercise since you have got home from school? If you have write or draw a picture. E.g. outside with friends and sports clubs.

