

Diet Diary

CRACKING EGGS



Write down what you eat and drink at every meal and snack

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Add up all the portions of the different food groups you ate in a week

Food Group	Number of portions eaten in a week
Carbohydrates (e.g. Bread, Cereals, Potatoes and Pasta)	
Protein (e.g. Meat, Fish, Eggs, Nuts, Pulses)	
Dairy (e.g. Milk, yoghurt, Cheese)	
Fat and sugar (separate these if possible)	
Fruit and Vegetables	

Do you think your diet has a good mixture of all the different foods you need to eat to be healthy?

.....
Check out the website www.crackingeggs.org.uk if you need to remind yourself of what you should be eating. If your diet isn't as good as it could be, what can you do about it?

.....
How can you change what you eat in school?

.....
How can you change what you eat at home?

If you need to, set yourself 3 goals you think you can achieve to improve your diet.

1.
2.
3.

