



Nutrition Diary



1. Complete a nutrition diary to show what you eat and drink in one day. Copy out or fill in the table below with words or drawings to show the meals you ate:

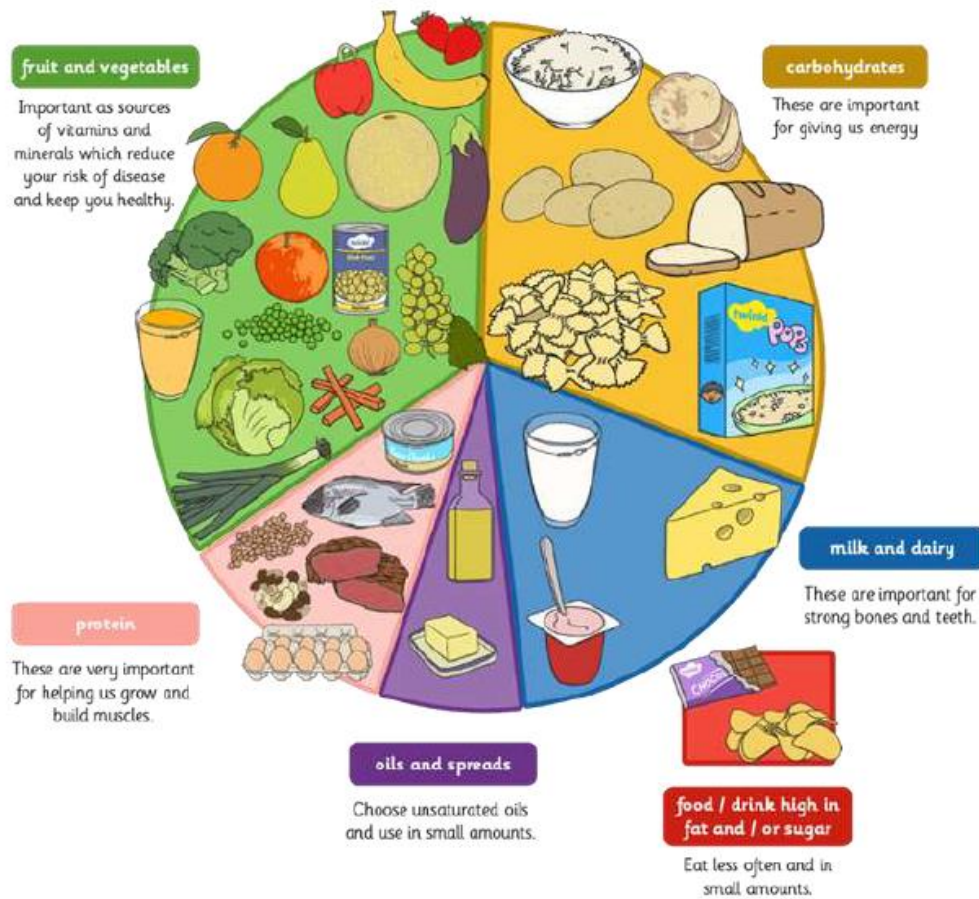
Breakfast	Lunch	Dinner	Snacks	Drinks

2. Write down which food gave you the following types of nutrients. Use the food groups pie chart and nutrients pyramid on the following page to help you:

carbohydrates	
proteins	
fats	
vitamins	
minerals	
fibre	
water	

3. Did you have a balanced diet today or are there nutrients missing?

Food Groups:



Types of Nutrients:

