

	Write down what you ate:	Identify the food groups present, in what you ate:
Breakfast	<i>e.g. 2 slices of toast and scrambled egg</i>	<i>e.g. carbohydrates and protein</i>
Lunch		
Dinner		
Snacks		

Which food group did you have the most of today?

.....

Which food group did you have the least of today?

.....

Which food group do you need to have more/ less of to make your diet balanced?

.....