My diet

1. List the food and drink you had yesterday.

|  |  |  |  |
| --- | --- | --- | --- |
| Breakfast | Lunch | Dinner | Snack/Drinks |
|  |  |  |  |

1. How does it compare to The Eatwell guide?



Comments:

1. What types of starchy carbohydrate did you have?
2. How many portions of fruit and vegetables did you have?
3. My diet

* What is good about your diet?
* What needs improving?
* How can you make these changes?