

Friday 17th April

Design and Technology

Keep a food diary like the one below. Are you eating your 5 a day? Do you have a balanced diet? Check with the Eatwell food guide below to see if you are getting the correct balance of food.



Name _____ Date _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

