

Name: \_\_\_\_\_

# GROW YOUR OWN POTATOES



## Worksheet 14: Food diary

To stay healthy, you need to eat a balance and variety of foods from **The eatwell plate**. Write or draw everything you ate yesterday.

- What did you have for breakfast?
- Did you have a mid-morning snack?
- Did you have a cooked lunch or sandwiches?
- What did you have for your evening meal?

Record what you ate on the notepad below.

A spiral-bound notebook with a cream-colored cover and a silver spiral binding on the left. The notebook is open to a blank page with the following sections written in green text:

- Breakfast**
- Lunch**
- Evening meal**
- Snacks**
- Drinks**

