

## How healthy is your diet?

Warburtons

### My Food Diary

Name: ..... Class: ..... Date: .....

Keep a record of everything you eat this week!

Food Type	Examples	Tally chart (portions)	Totals
<b>Group A: Food for energy</b>	potatoes		
	rice		
	pasta		
	<b>bread</b>		
	cereals		
<b>Group B: Fruit and vegetables</b>	fruit		
	vegetables		
<b>Group C: Food for growth</b>	meat		
	fish		
	eggs		
	beans		
	meat alternatives		
<b>Group D: Dairy foods</b>	milk		
	cheese		
	ice cream		
	yoghurt		
<b>Group E: High energy foods</b>	sweets		
	chocolate		
	butter or margarine		
	fizzy drinks		