

Name

Date

Record what foods, snacks and drinks you have consumed during one week



# My weekly food, snacks and drinks diary



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

Name

Date

Record what foods, snacks and drinks you have consumed during a school week



# My school week - food, snacks and drinks diary

543  
Junior

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