

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

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