

HOW HEALTHY ARE YOU?



Look at your food diary and write when and what fruit and vegetables you ate during the week.

Lined area for writing the food diary entries.

Write what your favourite food is. Is it healthy?



Lined area for writing the favourite food and whether it is healthy.

How healthy are you?

FOOD DIARY



1) Write the food you had last Monday in this box. For example you can say: For breakfast I had cereals...

2) Write the food you had last Tuesday in this box.

3) Write the food you had last Saturday in this box.

4 Write the food you had last Saturday in this box.



How healthy are you?