

**3** Now compare what you had/did to what you need and write a log. Then present it to the class.

Yesterday morning, I had \_\_\_\_\_

For lunch, I had \_\_\_\_\_

After school, I \_\_\_\_\_

I had \_\_\_\_\_

I **need** / **don't need** to eat more \_\_\_\_\_

Yesterday **was/wasn't** a healthy day.