

Name/ : \_\_\_\_\_

Group name: \_\_\_\_\_

**My Food Diary**

**1**

**Question**

**2**

Am I a healthy eater?

**What I ate yesterday**

**3**

**Breakfast:** cereal, milk, orange juice, grapes

**Lunch:** egg sandwich on white bread, apple, cookies, water

**Dinner:** rice, chicken, tomato sauce, cheese, bread, olive oil, milk, water

**To count up:**

**4**

Fruit: 3

Dairy: 3

Vegetables: 0

Fat: 1

Protein: 2

Water: 2

Carbohydrates: 4

Sweets: 1

**Conclusions**

**5**

>> I am not a healthy eater.

1. I eat a lot of carbohydrates.
2. I need to drink more water.
3. I should eat more vegetables.

**A. Read and answer these questions.**

1. How many headings does the diary have? \_\_\_\_\_
2. How many parts does the food diary have? \_\_\_\_\_

**B. Choose / Write the answers.**

1. What did Lisa write down in the food diary?  
a. everything she ate yesterday      b. everything she liked to eat
2. How did Lisa list the food?  
a. by meals      b. by places
3. What did Lisa do after listing the food she ate?  
a. She gave CONCLUSIONS.      b. She counted up all the foods.
4. What is her conclusion?  
.....
6. What food group does Lisa need to eat or drink more?  
.....
7. What advice do you want to give her?  
.....

# BREAKFAST:



Seafood dumplings, Rice noodle,  
a carton of milk  
Water, snack (dried grapefruit peel)



# LUNCH:



Rice, Pork in tomato sauce,  
Boiled baby cabbage,  
Water, watermelon



# DINNER:



Vietnamese Vermicelli with chicken,  
Water, yogurt, mango



C. Look at Ms.Ha's food record. Count up each group she ate.

**Fruit:**

**Vegetables:**

**Protein:**

**Carbohydrates:**

**Dairy:**

**Fat:**

**Water:**

**Sweets:**