Imagine all the food you eat in one week on a table in front of you. Is there a burger? Are there any vegetables? Is there any fruit? Perhaps you eat a lot of bread, pasta and rice? Teenagers' diets change from person to person, family to family and country to country.

Gregg Segal, an American photographer, did an interesting project called *Daily Bread*. He wanted to find out what young people in different parts of the world eat every week. He travelled to Asia, Europe, the Middle East, Africa and South America asking young people to keep a diary for one week of all the food they eat. Then he took a photograph of each young person with the food they ate that week.

As well as the food diary and the photograph, Gregg found out other information about each person. For example, brother and sister Tharkish and Meirra are from Malaysia. Their photo has some flat bread and some rice and lots of tasty curries. Their mum does most of the cooking, but at the weekend they eat takeaway food. Tharkish's favourite food is rice with coconut and bananas, but he doesn't like onions. Meirra doesn't like meat – she prefers packets of sweets and chocolates.

Isaiah is from the US and lives with his mother and grandmother, who does the cooking. His favourite food is orange chicken and rice. He doesn't have any fizzy drinks, but when he saw the food he eats every week he decided not to eat so many snacks. He hopes that everyone in the world has enough food so they aren't hungry.

Some young people have very simple, healthy diets. Rosalie from France has a good diet – in her photo there's some fresh fish and there are some bananas. Her father has got a restaurant so at home Rosalie knows how to make crêpes (French pancakes), salads, and her favourite dish: lentils and sausages.

One interesting fact is that children with very healthy diets are often from developing countries. A 2015 study by Cambridge University found that nine out of ten countries with very healthy diets are in Africa.

People from different developed countries now often have similar diets. For example, some people in the US eat the same types of food as some people in Italy or Japan: chips, burgers, pizza, pasta and white bread!

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