






TONY'S HEALTH LOG

 Read and fill in the table below.

What Tony had	Type of food/activity	How much Tony needs	How much Tony had/did
Breakfast: _____ _____ _____	Grains 	6 slices of bread or 6 cups of cereal or 3 cups of rice or 3 cups of pasta	2 cups of cereal 2 cups of pasta
Lunch: _____ _____	Vegetables 	2-3 cups	1 cup of salad 1 cup of vegetables
_____	Fruit 	1-2 cups	2 cups of fruit
Snack: _____ _____	Milk 	3 cups of yoghurt or 3 cups of milk or 3 pieces of cheese	2 cups of milk 1 cup of ice cream
Dinner: _____ _____ _____	Meat and Beans 	a piece of meat, chicken or fish or two cups of beans	a piece of meat
_____	Exercise	60 minutes every day	_____
_____	Sleep	10 hours every night	_____

meat and salad

cereal with milk

bowl of fruit salad

one hour of football

10 hours

pasta with vegetables, ice cream