

HOW HEALTHY ARE YOU?



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

A large rectangular area with a light orange background and ten horizontal white lines for writing.

Write what your favourite food is. Is it healthy?



A large rectangular area with a light orange background and ten horizontal white lines for writing.

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...

Handwriting practice box with 8 horizontal lines.

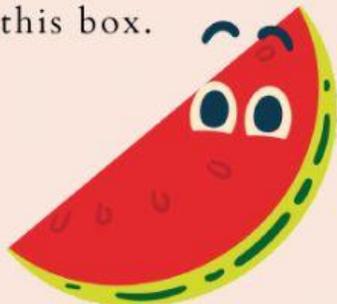
2) Write the food you had last Tuesday in this box.

Handwriting practice box with 8 horizontal lines.

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

Handwriting practice box with 8 horizontal lines.

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



Handwriting practice box with 8 horizontal lines.

How healthy are you?