



WEEKLY MEAL RECORD



1. draw one fruit or dessert you eat in each day

2. use what we learned to check the food you eat is healthy or unhealthy

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



I eat _____ on _____.

It is (sweet / sour / salty / oily).

It is (healthy / unhealthy).

I get sugar/ vitamin C from it.