

CHALLENGE 11

ALL ABOUT FOOD

Can you complete a food diary for a week? You could either print the sheet below, complete at home and then take a picture of your diary and send to us, or make your own sheet

If you can, have a look at your meals and snacks and compare to the NHS Eat Well plate found on this link - [Eat Well Plate](#). Do you feel that it is a well balanced diet?

Try making a sandwich, packed lunch or healthy snack. Take a picture and send it to us. You might like to think about a packed lunch you would like to take on a day out, or a healthy snack to have after a cricket session

Eating too much sugar can make you gain weight and can also cause tooth decay. Can you:

- Find out how much sugar is recommended as your daily intake
- How much sugar there is in:
 - A full fat can of fizzy drink
 - A large milk shake
 - A bar of chocolate
 - A piece of flapjack.

Name _____

Date _____



Food Diary

Use this diary to record what you have to eat every day. Don't forget a balanced diet is best and aim to get your 5 a day of fruit and vegetables.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid Morning							
Lunch							
Mid Afternoon							
Evening Meal							
Supper							