

Name:

Date:



My diet

1. How does it compare to The Eatwell guide?



E.g.
I tend to eat enough fruit, but not enough vegetables

2. What types of starchy carbohydrate did you have over the week?

3. What was the most amount of fruit and vegetables you had in one day, and what were they?

4. My diet

- What is good about your diet?
- What needs improving?
- How can you make these changes?