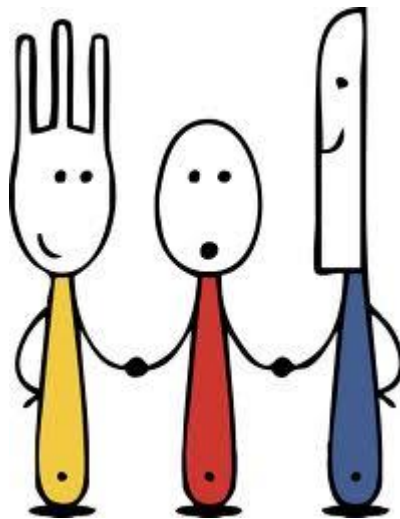


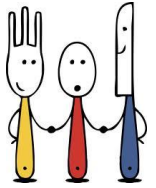


# FOOD DIARY FOR CHILDREN



Name.....

1. This is an example of how to record food and drink intake
2. It's not a meal plan for your child
3. Please record what is actually eaten (you can also write down what is offered if you like)

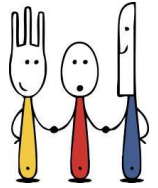


Day 1 Monday March 6<sup>th</sup>

Meal	Food/Drink	Quantity
Breakfast Time: 7.30am	Banana Weetbix for kids Full cream milk	1 2 biscuits 200ml
Morning snacks Time: 10am	Carmans Muesli bar Regular vanilla yoghurt	½ bar 100g tub
Lunch Time: 12:30pm	Grainy bread margarine cheese vegemite  apple  Orange Juice unsweetened	1 thick slice 1 teaspoon 2 slices ½ teaspoon  ½  200ml
Afternoon snacks	Full cream milk with Milo	200ml 2 teaspoons
Dinner/Tea Time: 6pm	Pita bread with Diced chicken  With lettuce tomato, cucumber Hommus	1 regular size 2 Tablespoons  1 small leaf 1/3 tomato (chopped) about 4 slices 2 tablespoons
Dessert	fruit salad & regular vanilla ice cream	½ cup 2 normal scoops
Supper	Full cream milk	100ml

ACTIVITY: \_\_\_\_\_

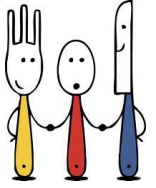
Day 1 .....



Meal	Food/Drink	Quantity
Breakfast		
Morning snacks		
Lunch		
Afternoon snacks		
Tea/Dinner		
Supper		

ACTIVITY: \_\_\_\_\_

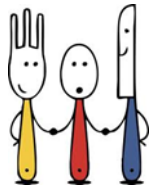
Day 2 .....



Meal	Food/Drink	Quantity
Breakfast		
Morning snacks		
Lunch		
Afternoon snacks		
Tea/Dinner		
Supper		

ACTIVITY: \_\_\_\_\_

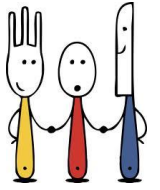
Day 3 .....



Meal	Food/Drink	Quantity
Breakfast		
Morning snacks		
Lunch		
Afternoon snacks		
Tea/Dinner		
Supper		

ACTIVITY: \_\_\_\_\_

Day 4 .....



Meal	Food/Drink	Quantity
Breakfast		
Morning snacks		
Lunch		
Afternoon snacks		
Tea/Dinner		
Supper		

ACTIVITY: \_\_\_\_\_