

ACTIVITY 3A: STUDENT WORKSHEET 24-HOUR FOOD DIARY

NAME _____ DATE _____

	FOOD ITEM/DESCRIPTION	AMOUNT	CALORIES	PROTEIN (gm)	FAT (gm)	CHOLESTEROL (gm)	CARBOHYDRATE (gm)
BREAKFAST							
LUNCH							
SUPPER							
	TOTAL:						
	GOAL:						