My Food Diary

Use the food diary to write down everything you have eaten this week. You could include some pictures.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday			+	
,, , , , , , , , , , , , , , , , , , , ,				
Thursday				
Hursuay				
The day	1			
Friday				
Saturday				
Sunday				
M. Comonido modimos				
My favourite meal was:				
My loost for any its most was				
My least favourite meal was:				