

# My Food Diary

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

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

**My favourite meal was:**

**My least favourite meal was:**