

Health and Physical Education Middle primary off site curriculum

Food diary

Each day record what food you have eaten. You will need to record what you ate, how much you ate, the food group it belongs to and 1 nutritional fact about that food . Where possible read food labels or receipts of purchase to get as much information as you can. You can use the format below or use another format you feel suits

Date	Food eaten	Quantity- grams or kg's or other units.	Food group it belongs to.	Nutritional content
Total				

Do this for 5 days. Assess what you think you might need more of or less of.

Exercise/activity diary

Date	Activity completed	Time spent during activity	Why was this activity good for me ?

How I'm going diary

It is important to keep a check on yourself. Each day give an indicator as to how you are feeling and even why. You can use words or draw a face that indicates how you feel.

Date	How I am feeling	Why