

## Food Journal

As part of our Science topic, we will be looking at nutrition and as well as what we can do to help us grow and keep us fit and healthy. We will be looking at what to look for as part of a healthy diet.

Starting this weekend, we would like you to keep a food journal, making a note each day of what you eat and drink. We will then be analysing the results as a class! Use the template to help you - perhaps you can make a wall chart at home! Or ask your family to keep a record too!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							