

As part of our 'Who eats who?' topic we look at the different food groups and what makes up a healthy diet.

Watch this video and write down 5 facts that you find out.

<https://www.youtube.com/watch?v=mMHVEFWNLMc>

1. _____

2. _____

3. _____

4. _____

5. _____

Your task for this week is to complete a food diary every day.



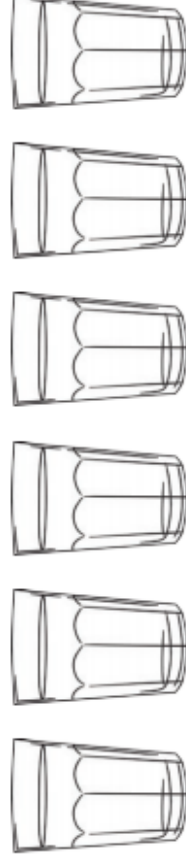
My Healthy Diary



Name: _____ Date: _____

Breakfast

How many glasses of water did you drink?



Lunch

How many of your 5-a-day did you eat?



Dinner

How many hours of sleep did you get?



Snacks

Drinks

How did you feel overall?

My Healthy Diary



Name: _____

Date: _____

Breakfast

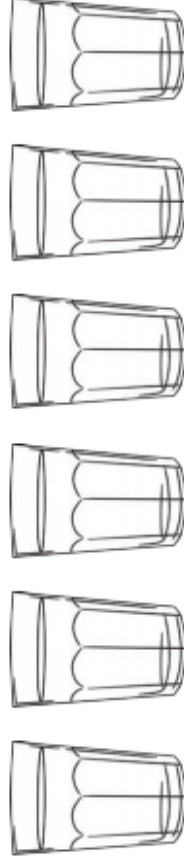
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Dinner

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How many glasses of water did you drink?



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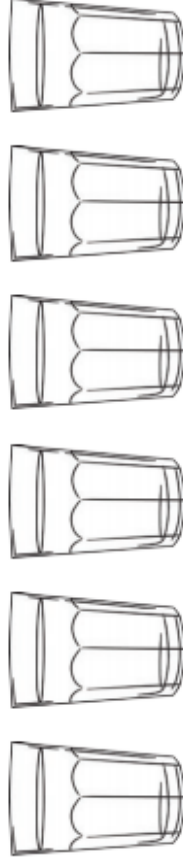
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