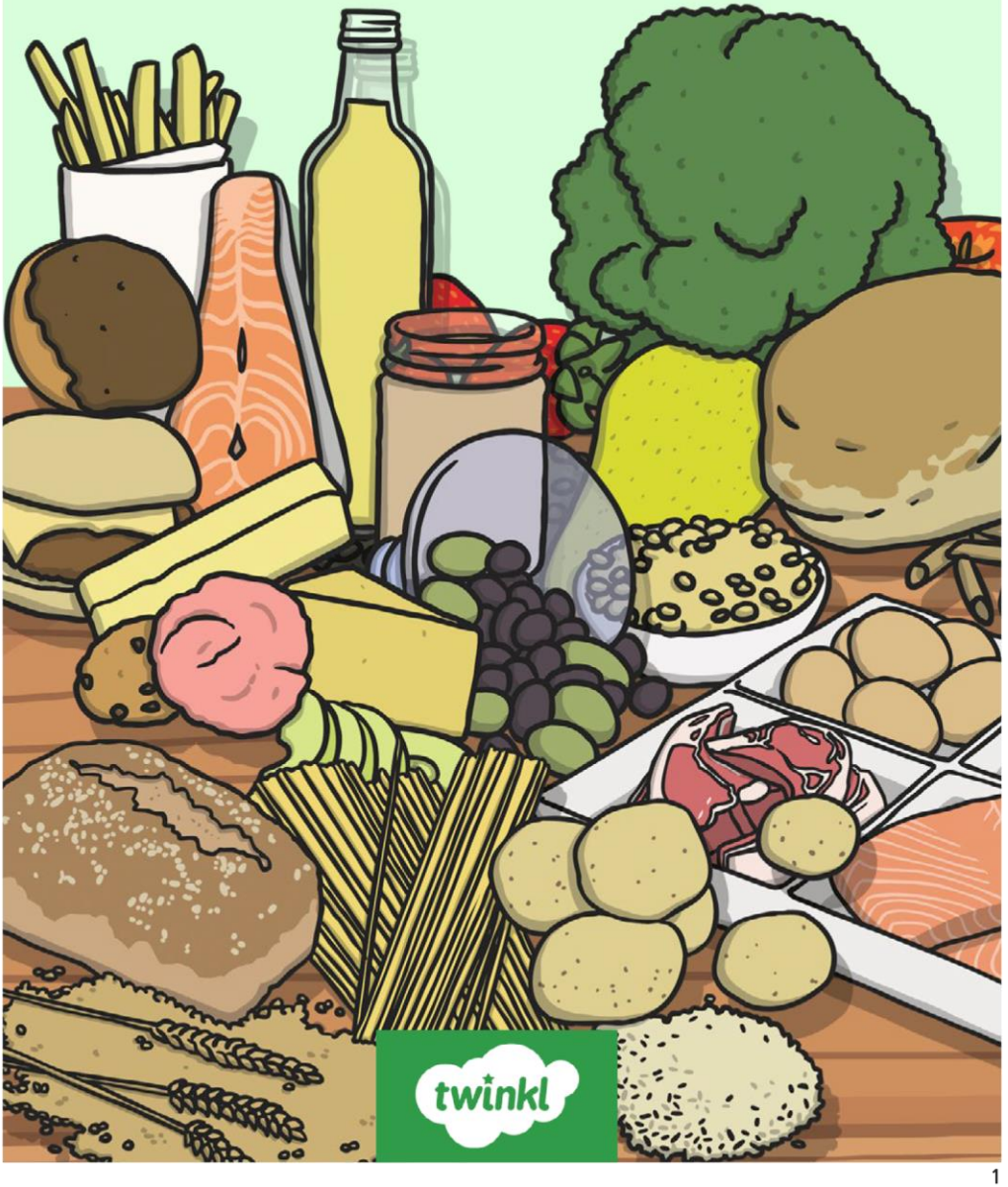
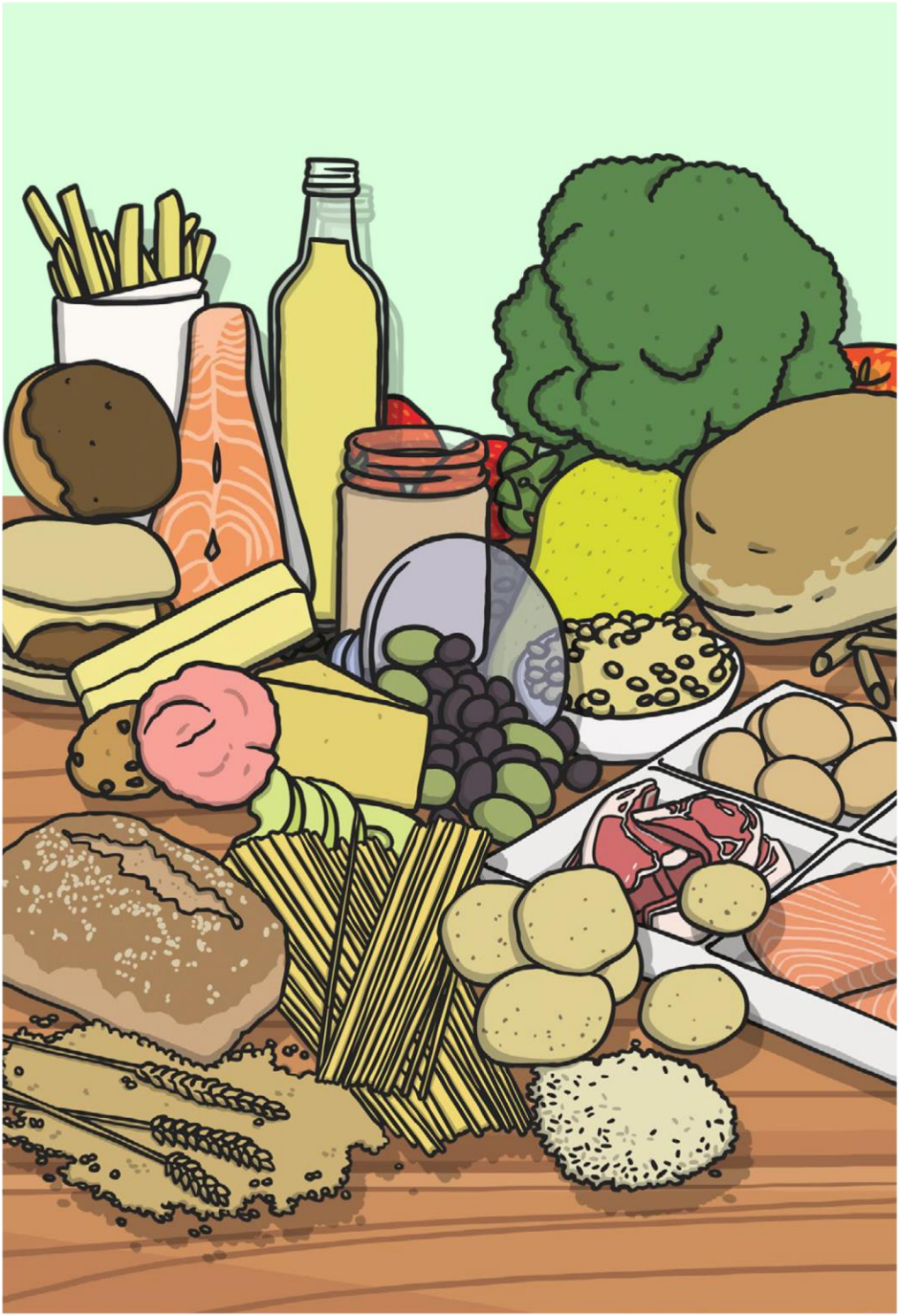
My Nutrition Diary



Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide **energy**
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide **energy**
vitamins		keep you **healthy**
minerals		keep you **healthy**
water		moves **nutrients** around your body and helps to get rid of waste



Monday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Tuesday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Wednesday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Thursday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Friday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Saturday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Sunday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Notes

Space for any extra notes or drawings