

Eat well worksheet.

Keeping a record of your food over a few days will help you see how well your diet meets the Eat well guide. It's probably easiest to use lined paper as shown in the picture below. Complete a record of what you eat, Reflection on your diet and Goals for the future.

Eat well!

The Eatwell Guide shows the balance and variety of foods that make up a healthy diet.

Over 2-3 days, record the different foods and drinks you consume, ticking the relevant food groups. Remember, some dishes may have foods from more than one food group!

The Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthy and more enjoyable food. It shows how parts of what you eat should add up to five each food group.

drinks

Reflection ...
Explain how your diet reflects the Eatwell Guide.

Do you think you drink enough?

Is there anything you need to change?
Explain your answer.

Goals for the future: