**Food Diary**

Fill in a Food Diary to record all the food and drinks you have each day.

Give as much detail as possible.

Write down things like A bowl of cornflakes with sugar and milk, A sandwich with two slices of brown bread, buttery spread, cheese and tomato.’

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|  | Foods | Drinks |
| Breakfast |  |  |
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| Morning snacks |  |  |
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| Lunch |  |  |
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| Afternoon snacks |  |  |
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| Supper/ Evening meal |  |  |
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| Evening snacks |  |  |
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