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Monday-Me

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:							
carbohydrai	tes:						
protein:							
fats:							
vitamins:							
minerals:							
fibre:							
water:							

Monday – My pet

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:							
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