

Journal Entry #1

Name _____

Directions: Record the foods you ate yesterday. Be sure to include beverages consumed.

Breakfast

Lunch

Dinner

Snacks



Directions: After the food pyramid class discussion, complete the following:

Food Tally

How many foods did you eat from the following food categories? If you were "at or above" the recommended quantities from the group, give yourself a plus (+) after the number recorded. If you were below the recommendation, give yourself a minus (-) after the number recorded.

Example: fats, oils, and sweets: 6+

fats, oils and sweets _____

milk, yogurt and cheese _____

meat, poultry, fish, dry beans, eggs and nuts group _____

vegetables _____

fruit group _____

bread, cereal, rice and pasta _____

