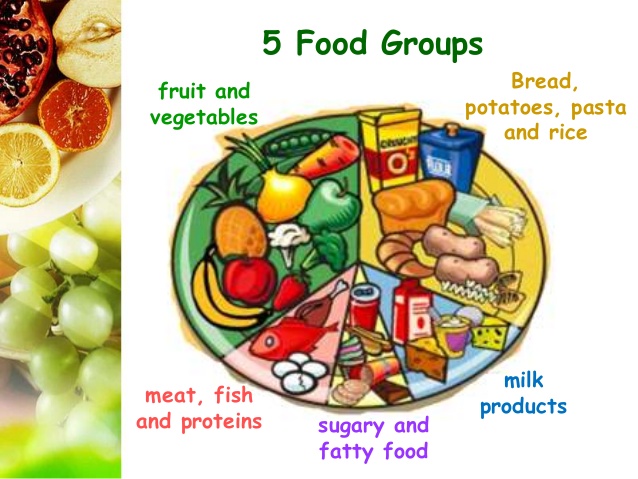
***Term 3 Topic ‘Are You Wise? Week beg 11th May Healthwise***

***TASK 1***: Create a food diary for this week using the template below. Include all food and drinks consumed.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** |
| ***Breakfast*** |  |  |  |  |  |
| ***Snacks*** |  |  |  |  |  |
| ***Lunch*** |  |  |  |  |  |
| ***Snacks*** |  |  |  |  |  |
| ***Dinner*** |  |  |  |  |  |
| ***Snacks*** |  |  |  |  |  |

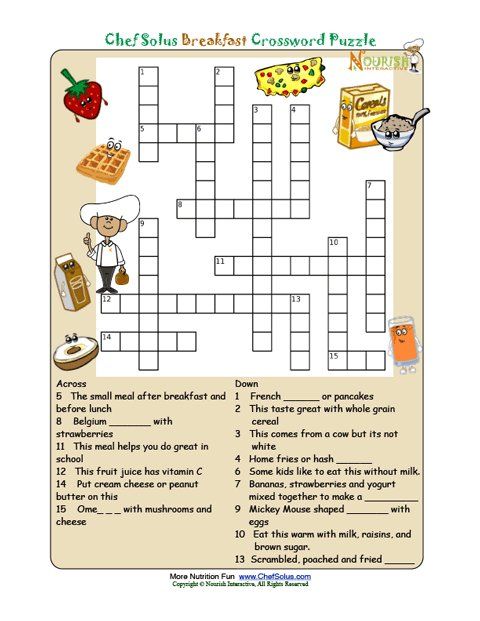
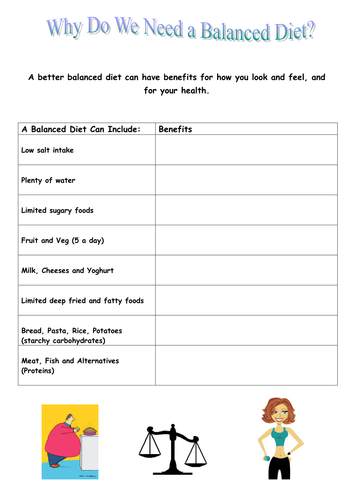


***TASK 2***: Now, choose one day and using all the food and drinks you have consumed in that day, sort them into each of the 5 food groups, include number of portions. The diagrams will help you.



Day:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Starchy foods-bread, rice, cereals, potatoes, pasta | Proteins-meats, fish and alternatives | Fruit and vegetables | Dairy-milk, cheese, yogurt | Sugars and fats |
|  |  |  |  |  |

***TASK 3***: Complete the sheet below ***TASK 4:***  Complete the crossword puzzle