



What did you eat yesterday?

Write down all the food you ate and drank yesterday. Be honest!



Name _____ Class _____

	Food you ate	Drinks you drank
Snacks before breakfast		
Breakfast		
Snacks between breakfast and lunch		
Lunch		
Snacks between lunch and teatime		
Teatime/evening meal		
Snacks after teatime		



Now use these foods to fill in "Food Groups - My Food". Remember that some foods can be put into more than one group.

