My Nutrition Diary

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| **Nutrient** | **Found in... (examples)** | **What it does/they do** |
| **carbohydrates** |  | provide **energy** |
| **protein** |  | helps growth and repair |
| **fibre** |  | helps you to digest the food that you have eaten |
| **fats** |  | provide **energy** |
| **vitamins** |  | keep you **healthy** |
| **minerals** |  | keep you **healthy** |
| **water** |  | moves **nutrients** around your body and helps to get rid of waste |



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| --- | --- | --- | --- | --- | --- |
| **Monday** | | | | | |
| 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: | |  | | | |
| vitamins: | |  | | | |
| minerals: | |  | | | |
| fibre: | |  | | | |
| water: | |  | | | |

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| **Tuesday** | | | | | |
| 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: | |  | | | |
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| vitamins: | |  | | | |
| minerals: | |  | | | |
| fibre: | |  | | | |
| water: | |  | | | |

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| **Wednesday** | | | | | |
| 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: | |  | | | |
| vitamins: | |  | | | |
| minerals: | |  | | | |
| fibre: | |  | | | |
| water: | |  | | | |

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| **Thursday** | | | | | |
| 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: | |  | | | |
| vitamins: | |  | | | |
| minerals: | |  | | | |
| fibre: | |  | | | |
| water: | |  | | | |

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| **Friday** | | | | | |
| 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: | |  | | | |
| vitamins: | |  | | | |
| minerals: | |  | | | |
| fibre: | |  | | | |
| water: | |  | | | |

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| **Saturday** | | | | | |
| 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: | |  | | | |
| vitamins: | |  | | | |
| minerals: | |  | | | |
| fibre: | |  | | | |
| water: | |  | | | |

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| **Sunday** | | | | | |
| 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: | |  | | | |
| vitamins: | |  | | | |
| minerals: | |  | | | |
| fibre: | |  | | | |
| water: | |  | | | |

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| **Notes** |
| Space for any extra notes or drawings |
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