

Food for a Day

Don't forget to
include drinks!

Write what you ate yesterday.

Breakfast

Lunch

Dinner

Snacks

Underline to match the food group code.
(Some foods may fit into more than one food group.)
Did you eat balanced meals? _____

Color Code

fruit	— red	protein	— orange
vegetable	— green	dairy	— yellow
grain	— brown	other	— purple