

"What Did I Eat?"

	Vegetables	Fruits	Grains	Milk	Meat & Beans	Fats, Sugars, & Salts
Breakfast						

Lunch						

Dinner						

Snack						

Total # Servings						
Recommendations	2 1/2 cups	2 cups	6 oz	3 cups	5 1/2 oz	Use Sparingly

"Is This a Good Diet?"

	Vegetables	Fruits	Grains	Milk	Meat & Beans	Fats, Sugars, & Salts
Breakfast						
frosted flakes, 1 cup						
2% milk, 1 cup						
orange juice, 1/2 cup						
Lunch						
cheeseburger, bun						
french fries, 1/2 cup						
apple						
2% milk, 1 cup						
Dinner						
barbecued chicken, 2 pieces						
rice, 1/2 cup						
green beans, 1/2 cup						
tossed salad, 1/2 cup						
dressing, 3 Tbsp						
iced tea						
Snack						
12 oz. cola						
candy bar						
Total # Servings						
Recommendations	2 1/2 cups	2 cups	6 oz	3 cups	5 1/2 oz	Use Sparingly

"Is This a Good Diet?" - Answer Key

	Vegetables	Fruits	Grains	Milk	Meat & Beans	Fats, Sugars, & Salts
Breakfast						
frosted flakes, 1 cup			xx			
2% milk, 1 cup				x		
orange juice, 1/2 cup		x				
Lunch						
cheeseburger, bun			xx	x	x	
french fries, 1/2 cup	x					
apple		x				
2% milk, 1 cup				x		
Dinner						
barbecued chicken, 2 pieces					xx	
rice, 1/2 cup			x			
green beans, 1/2 cup	x					
tossed salad, 1/2 cup	x					
dressing, 3 Tbsp						xx
iced tea						x
Snack						
12 oz. cola						xx
candy bar						x
Total # Servings						
	3	2	5	3	3	6
Recommendations						
	2 1/2 cups	2 cups	6 oz	3 cups	5 1/2 oz	Use Sparingly

One Day Food Record

Student Instructions: Beginning in the morning, record everything you eat and drink for both meals and snacks until bedtime. Also, try to estimate the amount you ate--1 banana, 1 large glass of milk, 1 cup cheerios, 2 chicken drumsticks.

Breakfast

Food

Amount

Lunch

Food

Amount

Dinner / Supper

Food

Amount

Snacks

Food

Amount
