

3 Day Food Diary

DAY	BREAKFAST	RECESS	LUNCH	AFTERNOON TEA	DINNER	SNACKS	DRINKS

Using the information provided in the *Healthy Eating for Children* pamphlet (the brochure that is with the task), answer the following questions (submit on a google doc in your Google Classroom)

1. Refer to the *Healthy Eating for Children* pamphlet. Outline what each of the 5 guidelines means. **3 marks**
2. Identify the target audience for this information pamphlet. Justify your response. **5 marks**
3. Examine your 3-day food diary. Identify the areas where you have met the guidelines *and* areas that need improvement (include examples in your answer). **5 marks**
4. Describe 2 goals you could implement to improve your healthy eating habits *eg increase my water consumption* **2 marks**
5. Describe 2 strategies you could implement to achieve these goals. *eg take a drink bottle to school and fill it up at recess and lunch.* **2 marks**