

What I Ate Today

(Today's date here)

Write down everything you eat today – snacks, drinks, meals, EVERYTHING! Place each item in the appropriate food group(s).* To the best of your ability, write down the number of servings of each food item you eat. This may mean reading the package or it may mean estimating (when in doubt, use a handful to estimate one serving). Determine if you are eating too much or not enough of any particular group by comparing what you ate with the sheets we completed in class. Bring your completed sheet to school on (next day of science class). We will discuss them in Science class.

- Mr. Voorhees

*It may be the case that one food item fits in multiple food groups, so keep that possibility in mind.

Meat, Beans, and Nuts

Fruit

Vegetables

Breads and Grains

Dairy

Fats, Oils, and Sweets