

Lunch Log

CRACKING  EGGS

Draw pictures of what you eat and drink at lunch and any snacks you have in school.

| | Lunch | Snacks in school | How many glasses of water did you drink? |
|-----------|-------|------------------|--|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |

Do you think this has a good mixture of all the different foods you need to eat to be healthy?

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Check out the website www.crackingeggs.co.uk if you need to remind yourself of what you should be eating. If your diet isn't as good as it could be, what can you do about it?

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Who can help you to change what you eat in school?

