








Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste

Monday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Tuesday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Wednesday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Thursday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Friday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Saturday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Sunday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

Notes

Space for any extra notes or drawings

