

My Food Journal

Name: _____

Date: _____



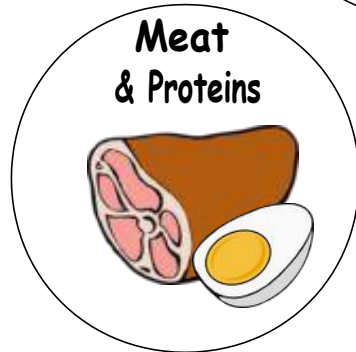
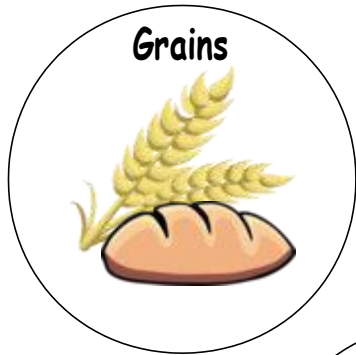
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HEALTHY BODY
HEALTHY MIND



 3^ο ΔΗΜΟΤΙΚΟ ΣΧΟΛΕΙΟ ΝΕΑΣ
ΙΩΝΙΑΣ
3rd PRIMARY SCHOOL OF NEW
IONIA, VOLOS, GREECE

The Food Guide



What amounts of each group does the food guide say you should eat each day?

Welcome to your food journal!

Look at this chart to check how much you should eat from each food group.

Food Group	9-13 years old
Grain (βρώμη, ρύζι, ψωμί, πίτες, φρυγανιές, ζυμαρικά, δημητριακά)	5-6 portions per day
Dairy	3-4 portions per day
Fruit	2-3 portions per day
Vegetables	2-3 portions per day
Meat/ Proteins	2-3 portions per day
Sweets / Treats	1-2 portions per day

Drink	Water	Milk	Juice
Tally of cups	8-10	2-3	1

*At the end of each day write down what you think about your food choices (e.g. bad, awful, OK, good, very good, excellent, healthy, unhealthy)

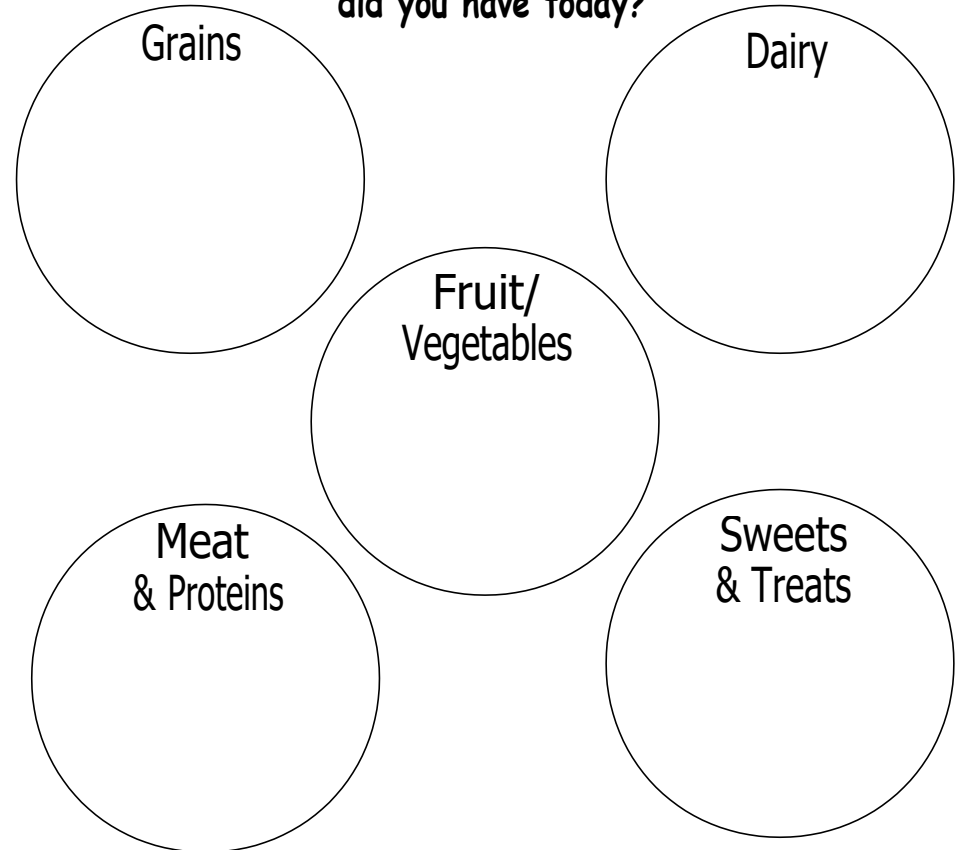
**At the end of the week, bring your results in class and we will talk about what you can do better next week!

Monday

Meal	What I Ate:			
Breakfast				
Lunch				
Snacks				
Dinner				
Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?

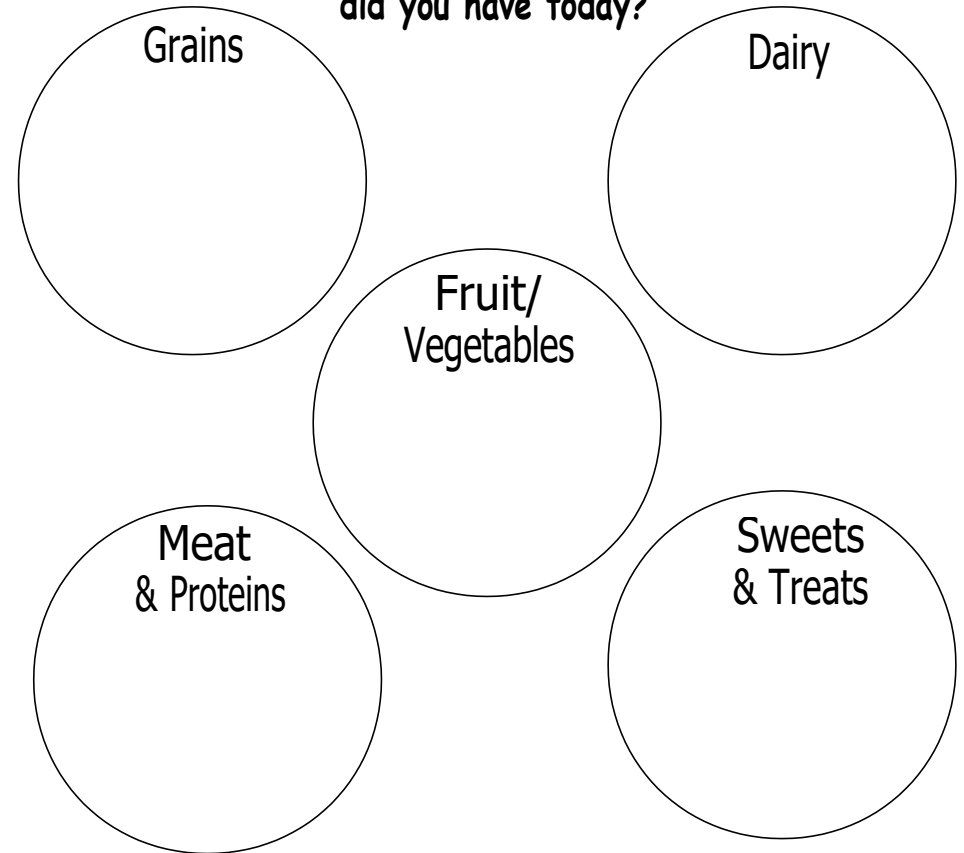
Tuesday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Dinner	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?

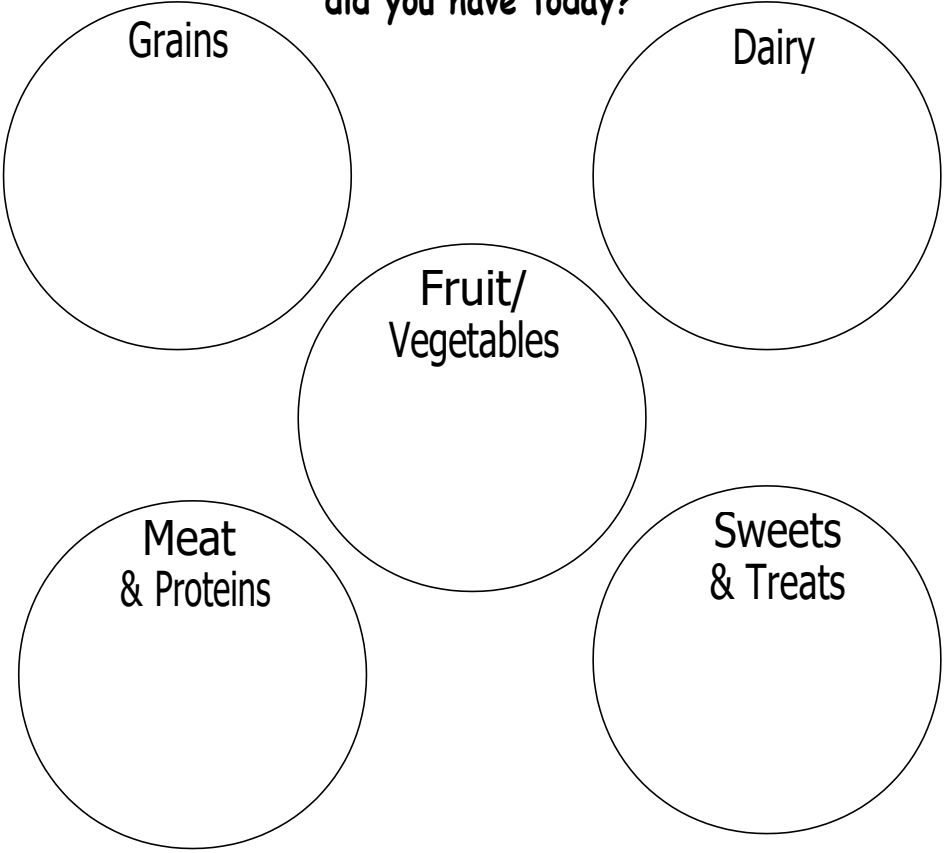
Wednesday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Supper	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?

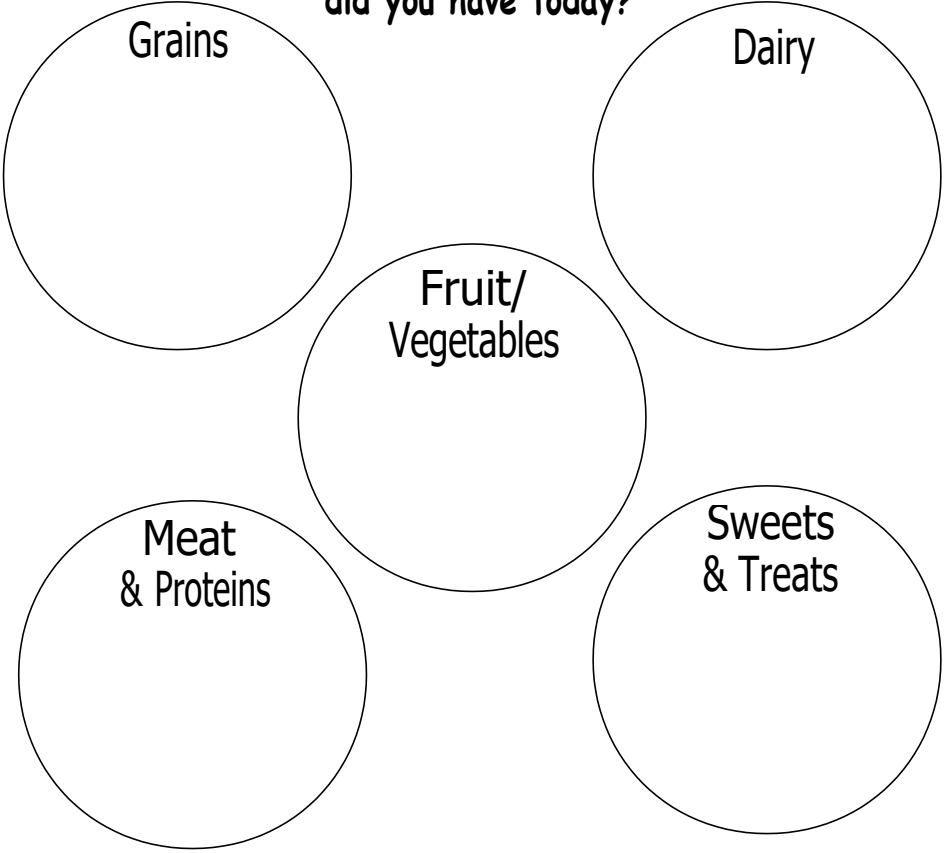
Thursday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Dinner	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?

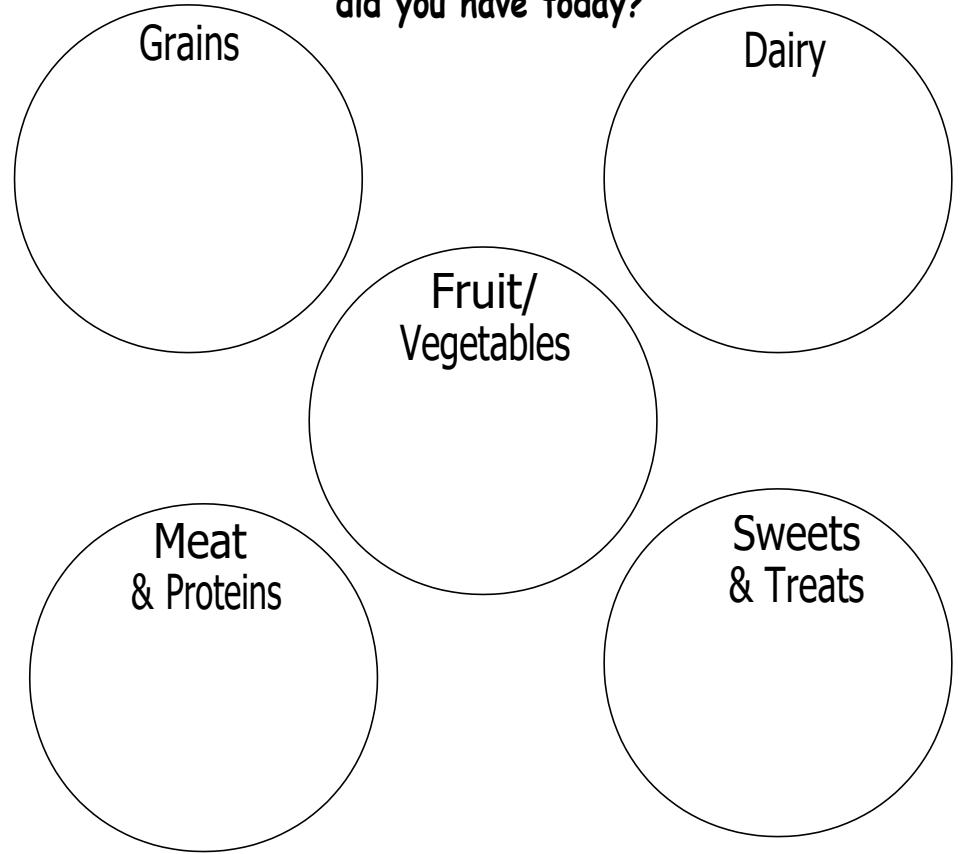
Friday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Dinner	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?
