

Name:

Date:

Activity 122

Daily Eating Tracker

Keep track of the foods you are eating using the space below. You do not have to list all of the ingredients, especially for more complex foods, but please be sure to list the vegetables and fruits you are including with each of your meals. In each of the sections of the tables below, list a food that you have had as part of the meal. Each food item should be listed in a separate section of the chart.

BREAKFAST

LUNCH

DINNER

SNACKS
