

Food Diary Instructions

1. Keep your "food diary" at school.
2. Write the date, your name, and your teacher's name in the blanks and circle the day of the week on each page.
3. The words for breakfast, lunch, dinner and snack are there to help remind you what you ate or drank. They do not mean you have to eat or drink at these times.
 - a. If you did not eat that meal or snack, then write the word "nothing" in that spot.
 - b. If you forgot what you ate or drank, then write the word "forgot" for that meal or snack.
 - c. If you did not have a drink with your meal or snack, write the words, "no drink".
4. Write what you really ate and drank in the "Food and Drink" column. Be sure to include everything you ate and drank whether it was at a meal or snack (in between meals).
5. Write what you eat or drink after you eat or drink it (instead of before).
6. Use one line for each food. Use one page for each day.
7. Be specific! Write down what kind of sandwich you ate, what kind of juice you drank, and so on. Please include brand names if you can remember them - like a McDonald's hamburger or Cheerios cereal.
8. Be sure to write down your drinks -- even water!
9. Check the box for how many servings or helpings you ate of each item under "Number of servings." If you ate more than 2 servings, then write how many under the column that says "fill in." If you only ate half of a serving of a food, check the box that says "1/2".
10. Check where you ate the meal or snack where it says "school" and "not school". If you ate the food at school, check the box that says "school" after that item. If you ate the food somewhere other than school, check the "not school" box.
11. Write in your food diary every day you are at school
 - a. In the morning, first write what you ate and drank after school the day before. This might include a snack after school, supper, and an evening snack. Then go to the next page and write what you ate and drank for breakfast, or on your way to school that day.
 - b. After lunch, write what you ate and drank for lunch that day, and any snacks you had before lunch.
12. Take your yellow "Weekend Food and Drink Notes" home and write down what you ate from Friday after school until Sunday night. Bring it back on Monday to complete your food diary.
13. If you are absent from school, then please do the best you can when you get back to school to fill in those pages.
14. Please do not write in the right hand column under the word "record".