



How healthy is your diet? Part 1

Cambridge Primary

Class _____ Name _____ Number _____

My two day food diary			
	Day #1 What I ate.	Day #2 What I ate.	Notes (where I was, how I felt, etc.)
Breakfast			
Lunch			
Dinner			
Snacks			

Tally Chart

Food

Number

*

*

*

*

*

*

*

Bar Chart

Homework

Your child is to list all the foods in your house under one of the five food groups (fruits, vegetables, grains, proteins and dairy). Some foods can be classified under more than one group.

No, junk food is not a food group, but it is delicious!

Any junk food is to be listed below.

Junk Food

*

*

*

*

*

*

*

Fruits



apple



apricot



avocado



banana



blackcurrant



blackberry



blueberry



cherry



coconut



fig



grape



kiwi(fruit)



lemon



lime



lychee



mango



nectarine



orange



papaya



passion fruit



peach



pear



pineapple



plum



quince



raspberry



strawberry



watermelon

Team #1

Fruits help maintain a healthy body.

They generally have seeds (oranges, apples and berries).

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Vegetables



artichoke



asparagus



beetroot



bell pepper



broccoli



Brussels sprout



cabbage



carrot



cauliflower



celery



corn



cucumber



eggplant



green bean



lettuce



mushroom



onion



pea



potato



pumpkin



radish



sweet potato



tomato



zucchini

Team #2

Vegetables help maintain a healthy body. They usually do not have seeds, such as carrots, spinach and broccoli.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Grains



Amaranth



Barley



Bulgur Wheat



Corn



Millet



Oats



Quinoa



Rice



Wild Rice

Team #3

Grains (rice, bread, pasta) are high in fiber.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

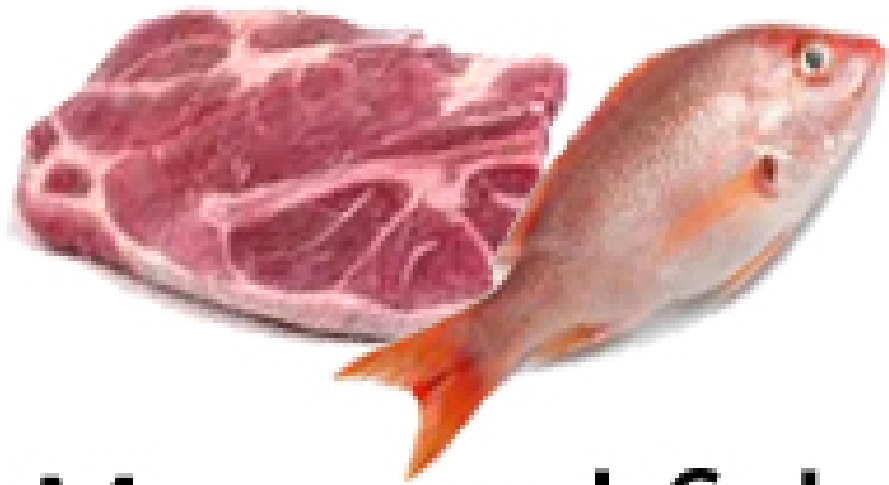
7. _____

8. _____

9. _____

10. _____

Protein



Meat and fish



Eggs



Beans

Foods can be in more than one food group, such as cheese (dairy).



Cheese

Team #4

Proteins (fish, meat and beans) build muscle.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Dairy



Sour cream



fresh cream



Flavoured milk
chocolate
strawberry
banana



ice cream



yoghurt



milk
low fat /
skimmed



butter



margarine



cheese



cottage cheese



soft cheese

Team #5

Dairy (cheese, milk and yogurt) helps build strong bones.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Team #_____

Tally Chart #2

Number

- * Fruits (most popular) _____
- * Vegetables (most popular) _____
- * Grains (most popular) _____
- * Proteins (most popular) _____
- * Dairy (most popular) _____

Bar Chart

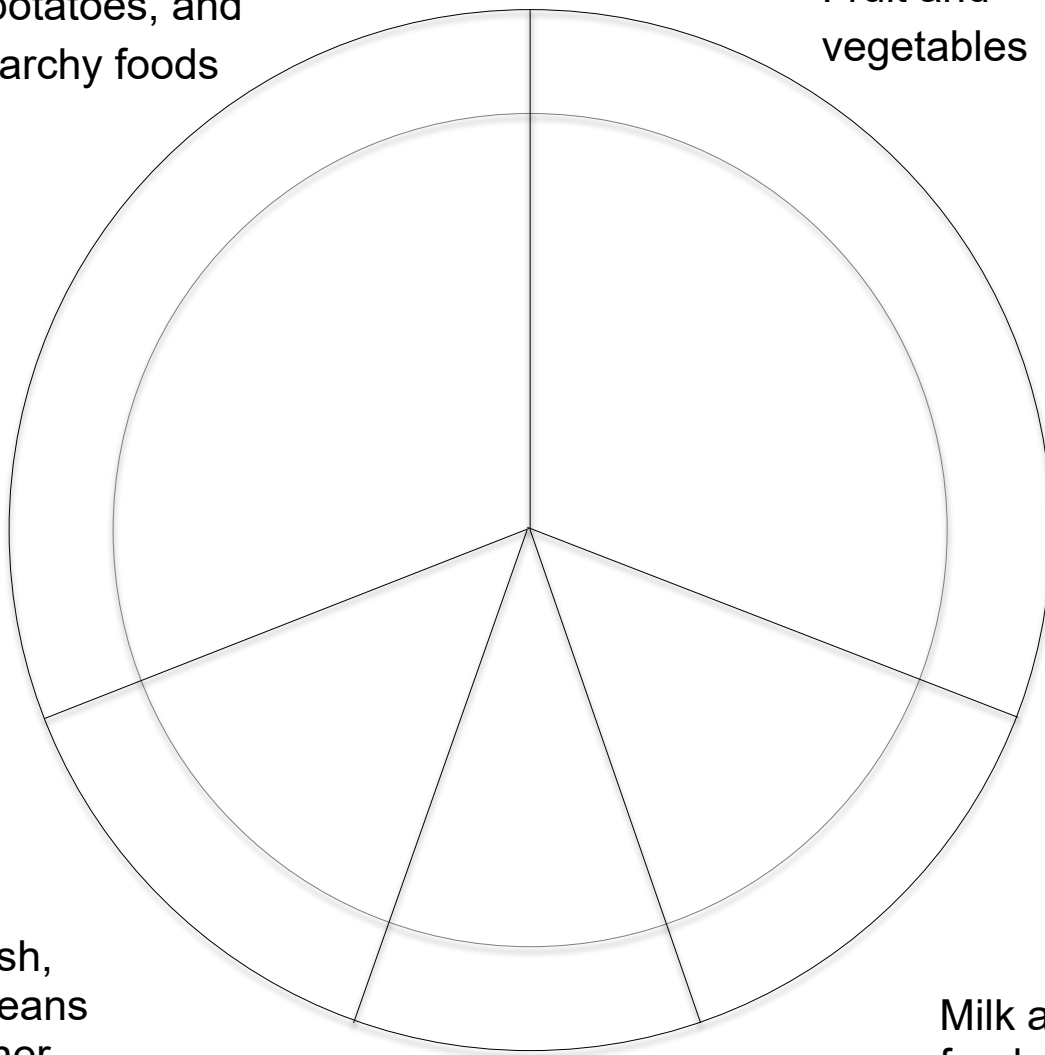


How healthy is your diet?

What have you found out?

Bread, cereals, rice,
pasta, potatoes, and
other starchy foods

Fruit and
vegetables



Meat, fish,
eggs, beans
(and other
sources of
protein)




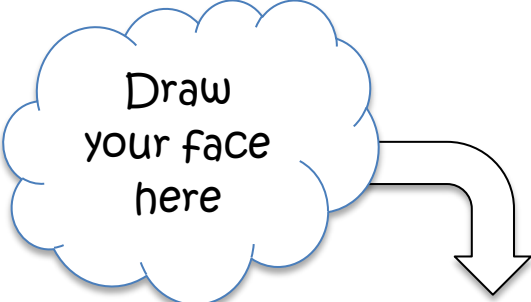
Milk and dairy
foods

Foods and drinks
that have a lot of fat
and/or sugar in them



How healthy is your diet?

My work – agree/disagree

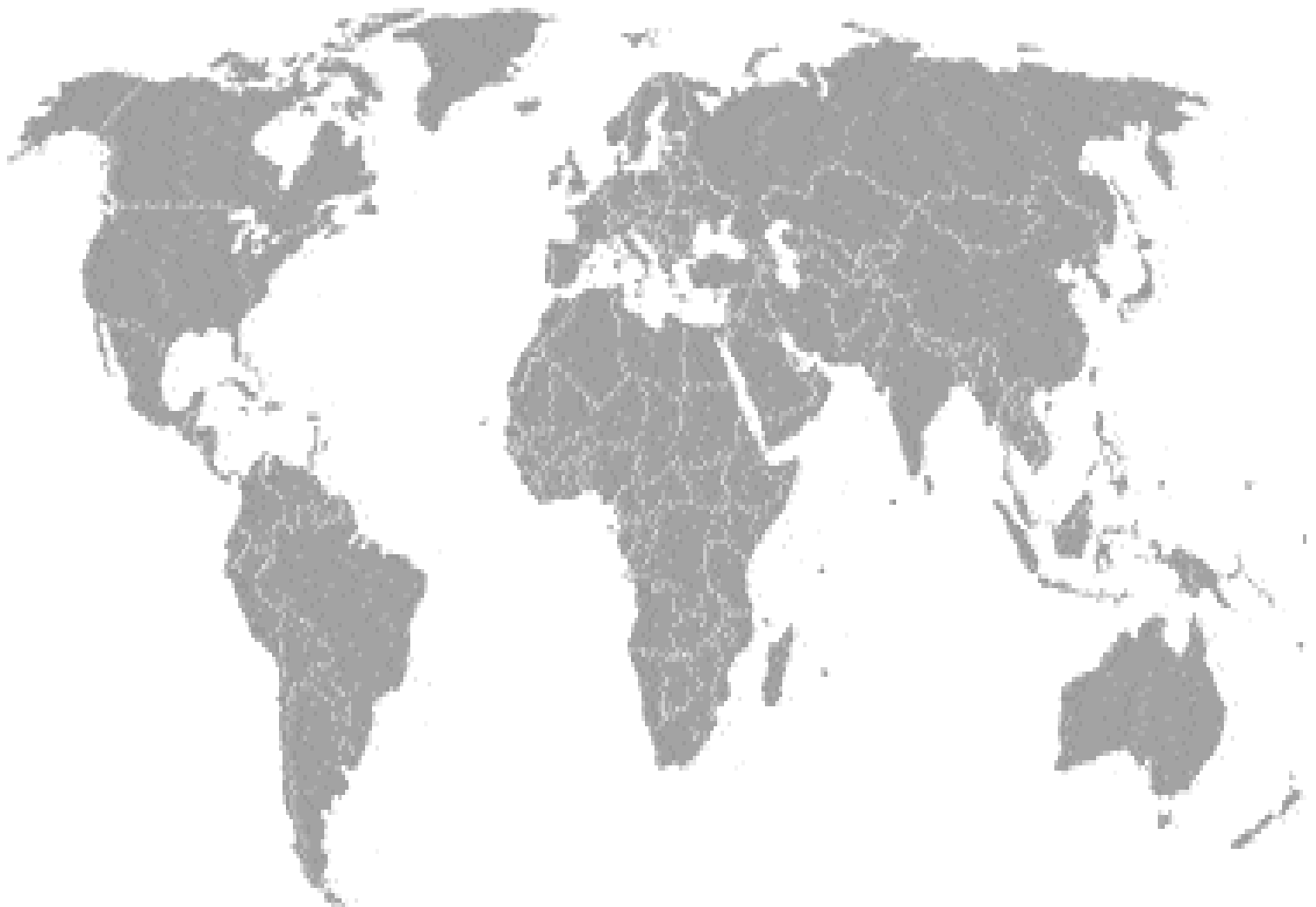
My work – agree/disagree	
Name:	
Topic:	
	I agree
	I'm not sure
	I disagree
	
I shared my ideas with the others in my group	
I listened carefully to what the others said	
I helped others when they needed it	
I asked others for help when I needed it	
I did my best work	
I thought of a way I could do even better next time	

Part 2

Let's explore where your favorite food is grown.

There are about 195 countries in the world and over 60 territories.

Let do some research and find out what countries grow our favorite foods.





Where does my food come from?

Food type	Country of origin



Where does my food come from?

Use this table to collect information from home about where your food is bought.

	Yes/No	If yes, where do you buy it?
Do you buy fruit ?		
Do you buy vegetables ?		
Do you buy rice ?		
Do you buy bread ?		
Do you buy fish ?		
Do you buy meat ?		
<i>Other questions</i>		