

Food diaries

Give the first two columns of each diary to children to consider – the final column is for discussion

Meal	Food	Nutritional notes for teacher
Breakfast	Greek yoghurt with berries, water	Mainly filling meals and snacks with plenty of micronutrients and no additional sugar Quality protein Includes 'good' fats High fibre 5-a-day
Lunch	Chicken and vegetable wholemeal wrap, water	
Dinner	Homemade vegetable curry, brown rice	
Snacks	Boiled eggs, water Piece of fruit, nuts, water	

Meal	Food	Nutritional notes for teacher
Breakfast	Coco pops™, milk, banana fruit juice	A high level of sugar and salt and some bad fats Poorer quality protein Lower fibre 5-a-day, although more fruit than veg
Lunch	Cheese sandwich, Vegetable crisps, Apple, Cereal bar	
Dinner	Fish fingers, Mashed potatoes Carrots & sweetcorn	
Snacks	Salted nuts Flapjack and grapes	

Meal	Food	Nutritional notes for teacher
Breakfast	Crunchy nut cornflakes™, milk, glass of orange squash	A lot of sugar, salt and fat Low quality protein Low fibre 5-a-day not achieved
Lunch	Ham and cheese pizza, carton of juice	
Dinner	Sausages, chips and baked beans	
Snacks	Penguin biscuit, carton of juice Pop tart, glass of chocolate milk	

Meal	Food	Nutritional notes for teacher
Breakfast	Porridge, water	Filling meals and snacks with plenty of micronutrients and no additional sugar
Lunch	Roast chicken salad, water	
Dinner	Pork and vegetable stir fry, egg noodles	
Snacks	Crudités and hummus, water Greek yoghurt with berries, water	High quality protein Not fatty High fibre 5-a-day

Meal	Food	Nutritional notes for teacher
Breakfast	Cheerios™, milk, glass of orange squash	A high level of sugar and salt and some bad fats
Lunch	White bread tuna mayonnaise sandwich, crisps, fruit smoothie	
Dinner	Sausages, mash and peas	Poorer quality protein
Snacks	Piece of fruit, carton of juice Piece of fruit, carton of juice	5-a-day, although more fruit than veg

Meal	Food	Nutritional notes for teacher
Breakfast	Scrambled eggs, smoked salmon & asparagus water	Filling meals and snacks with plenty of micronutrients and no additional sugar
Lunch	Roast chicken salad, water	
Dinner	Roast beef with big portion of mixed green vegetables	High quality protein
Snacks	Crudités, nuts, water Coconut chunks, water	Includes 'good' fats High fibre 5-a-day

Meal	Food	Nutritional notes for teacher
Breakfast	Vegetable omelette, water	Filling meals and snacks with plenty micronutrients and no additional sugar
Lunch	Roast chicken salad, water	
Dinner	Pork chops, sweet potato mash & mixed green vegetables	
Snacks	Fruit, nuts, water Crudités with avocado dip, water	
		Includes 'good' fats
		High quality protein
		High fibre
		5-a-day