

Year 2 Homework

LQ – Can I track the food I eat for one week?

Just add the foods in the correct boxes for each day.

Write in the foods you eat each day.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carbohydrates (e.g. pasta, bread, potatoes)							
Fruit and Vegetables							
Dairy (e.g. milk, yogurt, cheese)							
Protein (Meat, beans, fish, nuts)							
Fats (Chocolate, crisps, cakes)							
EXERCISE Don't forget to keep moving!							

Eatwell Guide

Check the label on packaged foods

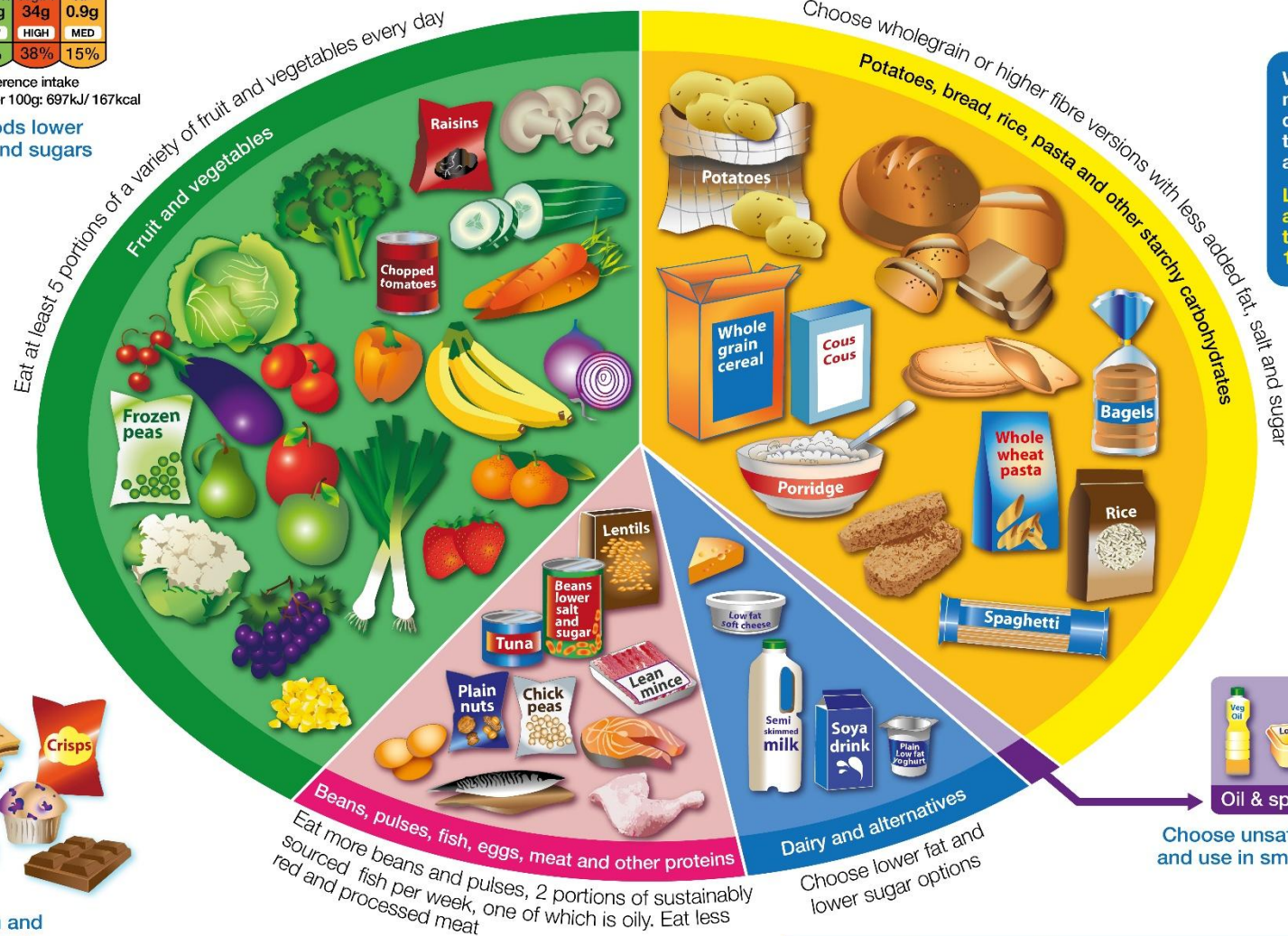
Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS