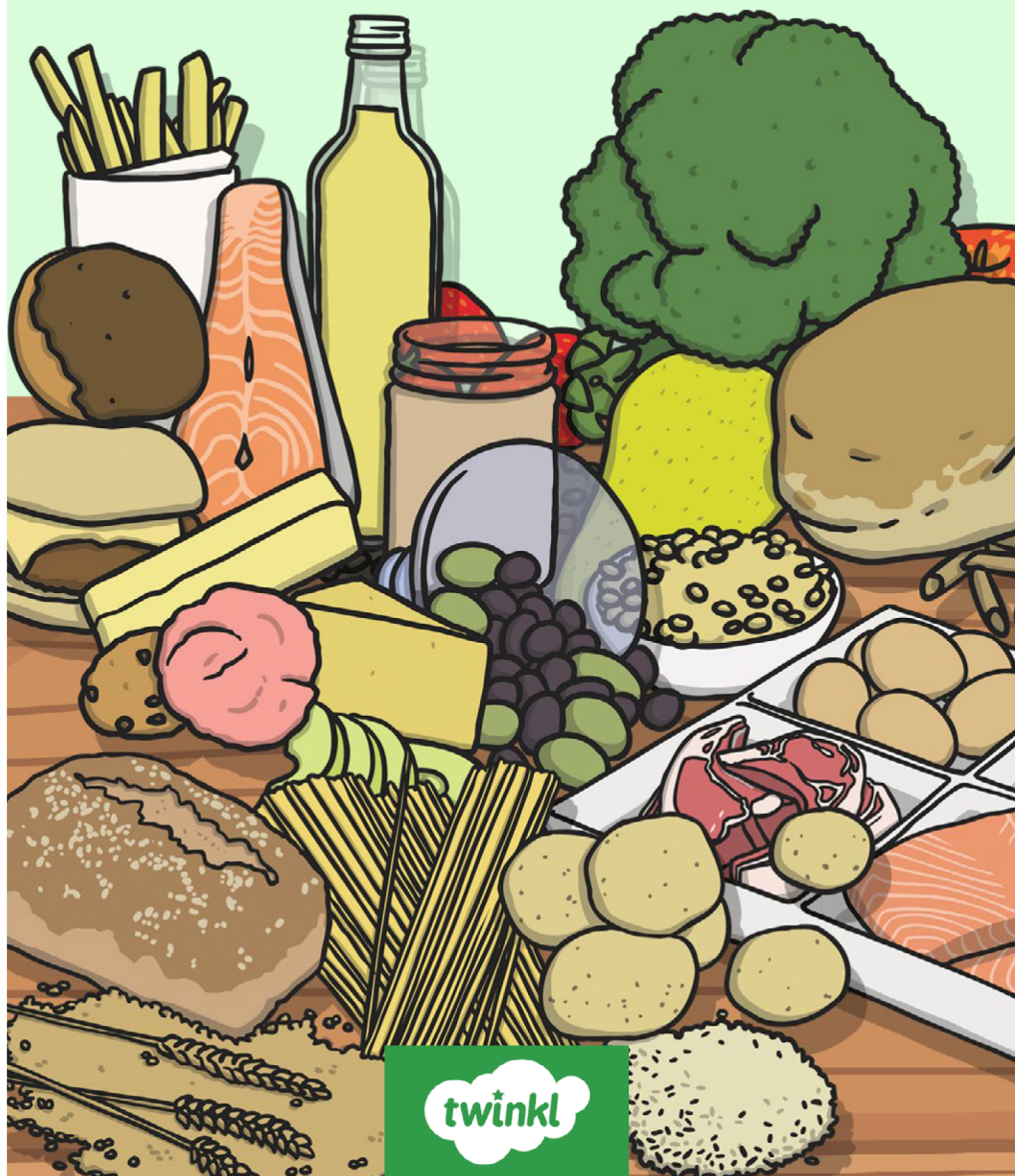









# My Nutrition Diary



twinkl

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste



# Monday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

# Tuesday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

# Wednesday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

# Thursday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

# Friday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

# Saturday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

# Sunday

Draw or write what you ate and drank today

Breakfast	Lunch	Dinner	Snacks	Drinks

Write down which food gave you the following types of nutrients:

carbohydrates:	
protein:	
fats:	
vitamins:	
minerals:	
fibre:	
water:	

# Notes

Space for any extra notes or drawings