

# Diet Needs



## Food Diary:

- Split the class into numerous groups.
- Each group has to come up with a food diary for one day.
- The food diary should include all the food groups from the food pyramid, various types of food and their correct portions.
- At the end, each group has to present their food diary to the rest of the class.



# Food Diary

**Breakfast:**

---

---

---

---

**Snack:**

---

---

---

**Lunch:**

---

---

---

**Dinner:**

---

---

---

---

**Snack:**

---

---

---

**Drinks:**

---

---

---