

Date: _____

Breakfast:

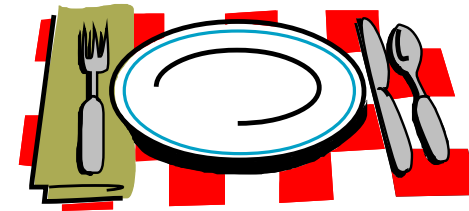
Snack (a.m.):

Lunch:

Snack (p.m.):

Dinner:

Snack (after dinner):



My Personal Food Diary

(name)

(dates)



created by Antony Caruso

Instructions

You are to keep a detailed diary of what you eat for the next six days. You are to record that information in this booklet. At the end of the six days, you will be handing the booklet in to Mr. Caruso.

Make sure your information is detailed. For example, don't write this:

Breakfast: toast & juice
Snack (a.m.): potato chips
Lunch: sandwiches & milk
Snack (p.m.): fruit
Dinner: pasta & coke

Instead, add more detail:

Breakfast: - 2 slices of whole wheat toast
- margarine
- strawberry jam
- 1 1/2 glasses of orange juice

Snack (a.m.): 1 small bag of potato chips

Lunch: - ham sandwich with lettuce & mayo
- peanut butter & banana sandwich
- 1 small chocolate milk

Snack (p.m.): 1 pear

Dinner: - 2 plates of spaghetti with tomato sauce and meatballs
- 2 glasses of Diet Coke

If you skipped a meal, then write "No Breakfast", or "No Lunch", or "No Dinner", or "No Snack."

Date: _____

Breakfast:

Snack (a.m.):

Lunch:

Snack (p.m.):

Dinner:

Snack (after dinner):



Date: _____

Breakfast:

Snack (a.m.):

Lunch:

Snack (p.m.):

Dinner:

Snack (after dinner):



Date: _____

Breakfast:

Snack (a.m.):

Lunch:

Snack (p.m.):

Dinner:

Snack (after dinner):



Food Spellings

Name brands are always capitalized; e.g. Nutella, Nestea, Pepsi, Oreo cookies, McDonald's, etc.

bagel
baguette
bocconcini
broccoli

Caesar Salad
chicken
chocolate
cinnamon
clementine
croissant

fruit

lettuce

mayonnaise
mozzarella

nectarines

parmesan
pasta
peanut
pepperoni
prociutto
porridge
potato

quesadilla

raisin
raspberries

salad
sandwich
spaghetti

tomato

vanilla
vegetable

Personal Food Diary Evaluation		NAME: _____	DATE: _____		
CRITERIA	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
INFORMATION	The diary ...				
Six Day Diary	- had the majority of days and sections incomplete	- had a few days were that were completed; only a few sections were completed	- had every day completed, but only a few sections were completed	- had every day completed and most sections complete	- every day and every section completed
Detail	- had no detail about the food that was eaten	- had very little detail about the food that was eaten	- had some detail about the food that was eaten	- had good detail about the food that was eaten	- had excellent detail about the food that was eaten
CONVENTION	The diary ...				
Neatness	- was not neatly written	- was sometimes neatly written	- was neatly written most of the time	- was neatly written most of the time	- was neatly written all of the time
Errors	- contained many spelling and grammar errors	- contained some spelling and grammar errors	- contained very few spelling and grammar errors	- contained no or almost no spelling nor grammar errors	- contained no or almost no spelling nor grammar errors
Teacher Signature _____		Parent Signature _____			Most Consistent LEVEL: _____ %