

ACTIVITY 5A: STUDENT WORKSHEET

FOOD JOURNAL

DAY 1

FOODS EATEN	INGREDIENTS	AMOUNT	FOOD GROUP CODE
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DAY 2

FOODS EATEN	INGREDIENTS	AMOUNT	FOOD GROUP CODE
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CODE	TOTAL SERVINGS DAY 1	TOTAL SERVINGS DAY 2
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- B** (*Bread*) — Breads, cereals, rice and pasta
 - F** (*Fruits*) - Fruits
 - V** (*Vegetables*) -Vegetables
 - P** (*Protein*) - Meat, poultry, fish, dry beans, eggs, & nuts
 - D** (*Dairy*) — Milk, Cheese,& yogurt
 - S** (*Sugar*) — Sugar & Fat *
- *remember this is not a food group