

# ACTIVITY 6A

## PERSONAL FOOD PLAN FORM SHEET

Day # \_\_\_\_\_

CODE

Breakfast

_____	_____
_____	_____
_____	_____
_____	_____

Lunch

_____	_____
_____	_____
_____	_____
_____	_____

Dinner

_____	_____
_____	_____
_____	_____
_____	_____

Snacks

_____	_____
_____	_____

- B** — Bread, cereal, rice, and pasta
- V** — Vegetables
- F** — Fruits
- P** — Protein: meat, fish, beans, eggs, nuts
- D** — Dairy: Milk, yogurt, cheese
- S** — Sugar and Fat

Your Total

_____
_____
_____
_____
_____
_____

UNIT 7