

Post 16 Food Journal

It is important for us to lead a healthy lifestyle to keep our body and mind well. We have to give our body and mind vitamins and nutrients to keep them both working well. This should be combined with some exercise too. It can be easy to slip into bad habits of eating when we are at home for long periods of time. Try and make a plan of the meals you and your family are going to make for the week. It will also help with food shopping!

P.S. This is also a good time to try out new foods! 😊



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

Extension

Plan and make a meal for your family. Research using the internet and cook books that you might have at home.

Use this template to help you.

Title - _____

Ingredients I will need –

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

Utensils I will need –

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |



How I will make it...

Well done! Hope you have had fun! 😊

Did you enjoy it?

Did your family enjoy it?

