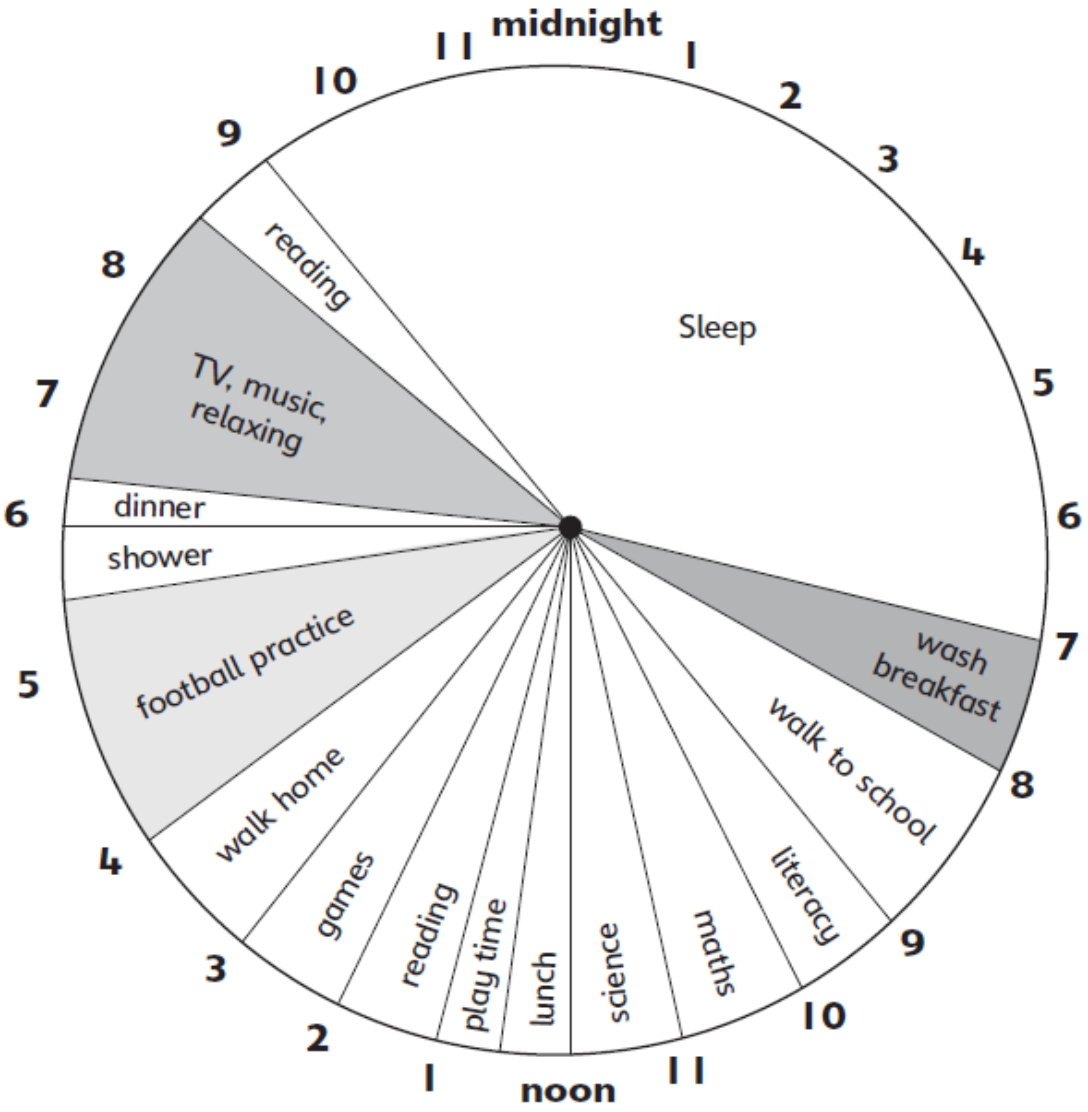
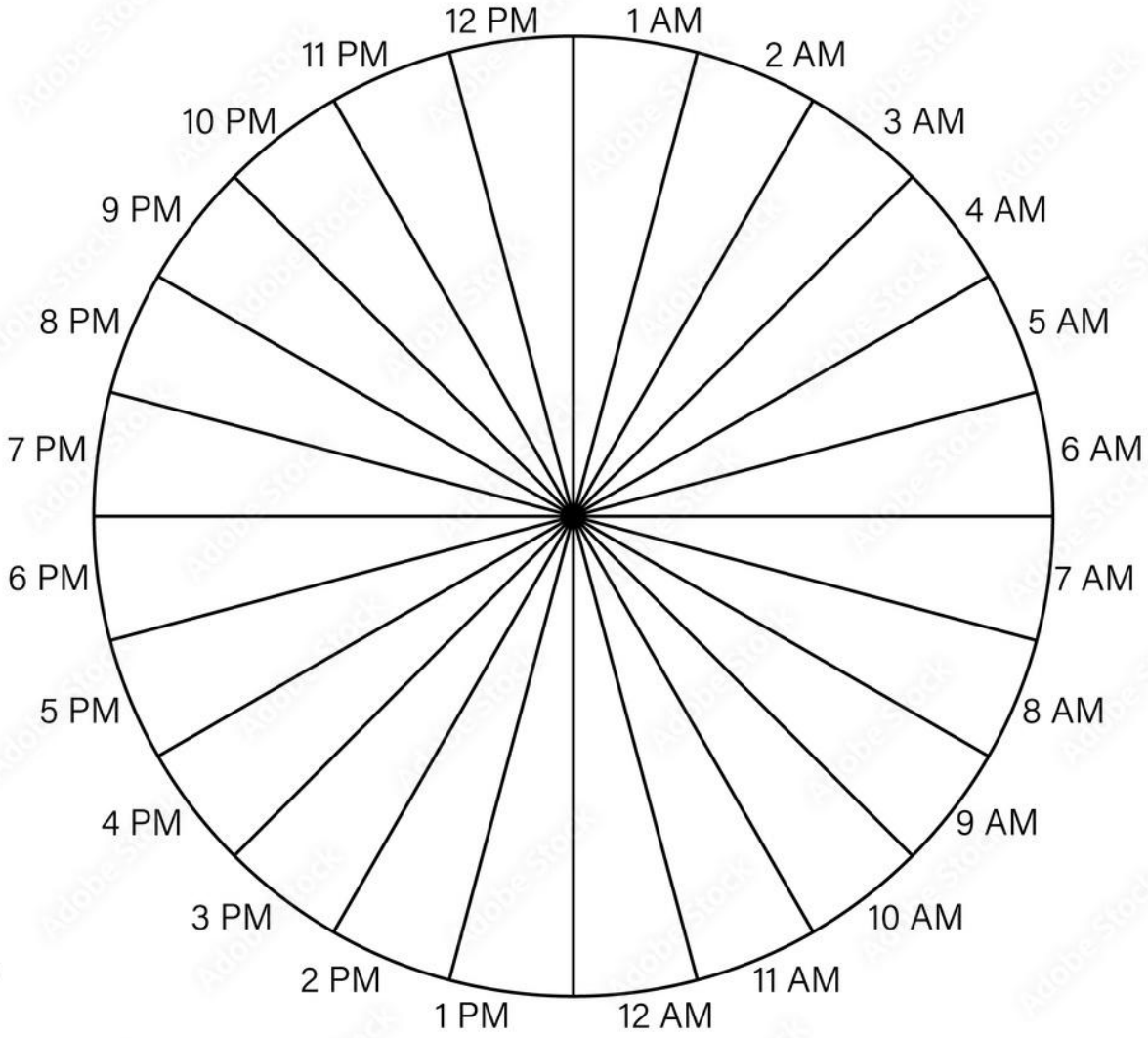
Daily activity diary

Choose one day – school day or weekend day and monitor your food, activity and sleep. This will help you in one of our science lessons soon. Look at the example below to help you.



Breakfast toast and cereal
10am snack orange
Lunch jacket potato, baked beans, bacon and broccoli
4pm snack doughnut
Dinner tomato soup, ham sandwich, yoghurt and a biscuit



Food: