

Food Diary

Have a look at what Alex ate during the day and then answer the questions below.

Breakfast: Two slices of white bread toast, a banana and a glass of orange juice.

Snack: A packet of crisps.

Lunch: Pasta with cheese.

Dinner: Sausages and chips.

Evening Snack: Hot chocolate and biscuits.



How many portions of fruit and vegetables did Alex eat?

Is that enough?

What healthy choices did Alex make?

What would you recommend to Alex to make his food choices healthier?
