

Cooking – Meal Chart

Make a chart for one week of the foods you eat to see if you are following the food pyramid guidelines

	MORNING	AFTERNOON	EVENING
Day 1 <u>day of the week</u>			
Day 2 <u>day of the week</u>			
Day 3 <u>day of the week</u>			
Day 4 <u>day of the week</u>			
Day 5 <u>day of the week</u>			
Day 6 <u>day of the week</u>			
Day 7 <u>day of the week</u>			