

Name: _____ Class Period: _____

2-Day Food Tracker

Write down everything you eat AND drink, remembering to also write down how much of that particular food you ate. Use the food wrappers to help you determine serving sizes and remember to be specific. Use the spaces below to keep track.

Day 1: _____

Foods Consumed	Serving Size	Number of Servings You Ate
Example:		
Pizza Rolls (Pizza Bites)	1 mini roll	10
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

Turn Over for Day 2

Day 2: _____

Follow the 6 Dietary Guidelines

Foods Consumed	Serving Size	Number of Servings You Ate
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

QUESTIONS

1. What was one thing that surprised you from your day 1 normal eating habits?
2. Would you say you eat more healthy or unhealthy foods on a regular basis? (it's okay if it's unhealthy... eating healthy is a learning process)
3. What was the hardest part about following the 6 dietary guidelines?
4. What did you learn about following the 6 dietary guidelines?
5. What was the biggest difference between day 1 and day 2?