

# ACTIVITY # 1

## HEALTHY CHOICES FOOD DIARY

DAILY GOALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>GRAINS</b> 6 - 11 <i>Servings</i>					
<b>VEGETABLES</b> 3 - 5 <i>Servings</i>					
<b>FRUITS</b> 2 - 4 <i>Servings</i>					
<b>DAIRY</b> 2 - 3 <i>Servings</i>					
<b>MEATS</b> 2 - 3 <i>Servings</i>					

### DIRECTIONS:

1. Each time you eat or drink, find the food group(s) you had for that meal and write an "X" in the correct square.
2. At the end of each day, count the number of X's per box to see if you met your goal for each food group. Each goal is listed next to the food group.
3. If you reached your goal, give yourself a "Healthy Choices for Kids" sticker.
4. Some foods belong in more than one group. For example, a bean or beef burrito counts as one grain (the tortilla) and one meat (the beef and beans).
5. After you complete the Healthy Choices Food Diary, complete the questions on the following page.



# ACTIVITY # 1

## HEALTHY CHOICES FOOD DIARY

**DIRECTIONS:**

1. Review what you ate on DAY 1. Count how many servings you had from each food group, and write the numbers in the correct spaces. Foods which don't fall into a food group category go in the column marked "other."

DAY 1	GRAIN	VEGETABLE	FRUIT	DAIRY	MEAT	OTHER
Minimum Servings Recommended	6	3	2	2	2	*
<b>My Servings</b>	_____	_____	_____	_____	_____	_____

2. Now review what you ate on DAY 5. Count how many servings you had from each food group and write in the correct spaces below.

DAY 5	GRAIN	VEGETABLE	FRUIT	DAIRY	MEAT	OTHER
Minimum Servings Recommended	6	3	2	2	2	*
<b>My Servings</b>	_____	_____	_____	_____	_____	_____

3. Compare what you ate on DAY 1 to what you ate on DAY 5. Did you reach your goal of eating more foods from the five food groups better on DAY 5 than DAY 1?

YES \_\_\_\_\_ NO \_\_\_\_\_

4. Now write some healthy goals.

**I need to try and make the following changes in order to be a "Healthy Choicemaker."** (Be specific.)

*Example: "I need to eat more fruits and vegetables instead of junk food."*

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**In order to reach these goals I need to ...**

*Example: "Include fruits in my lunch, drink milk for snacks."*

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