

**Lesson 4**

**FOOD RECORD**

List everything you eat and drink in one day. Be sure to include the amounts.

**FOOD RECORD**

<b>FOODS</b> (INCLUDE THE AMOUNTS EATEN)		<b>Milk &amp; Milk Products</b>	<b>Fruits</b>	<b>Vegetables</b>	<b>Grains, Breads &amp; Cereals</b>	<b>Meat, Beans &amp; Nuts</b>	<b>extras</b>
<b>BEFORE SCHOOL</b>							
	<b>BEVERAGE</b>						
<b>AT SCHOOL</b>							
	<b>BEVERAGE</b>						
<b>AFTER SCHOOL</b>							
	<b>BEVERAGE</b>						
<b>DINNER</b>							
	<b>BEVERAGE</b>						
<b>(TOTAL AMOUNTS)</b>							
<b>Daily Recommended Number of Servings</b>		<b>3</b>	<b>2</b>	<b>3</b>	<b>6</b>	<b>2</b>	

For each glass of water consumed, check a box: