


Make a list of the higher fibre foods you have this week. You could have wholegrain breakfast cereal, wholemeal bread and wholewheat pasta!

Higher fibre foods

Friday	<input type="checkbox"/>								
Thursday	<input type="checkbox"/>								
Wednesday	<input type="checkbox"/>								
Tuesday	<input type="checkbox"/>								
Monday	<input type="checkbox"/>								

Drink tracker
Colour in a glass each time you have a drink this week. Have around 6-8 drinks a day!

Friday	<input type="checkbox"/>				
Thursday	<input type="checkbox"/>				
Wednesday	<input type="checkbox"/>				
Tuesday	<input type="checkbox"/>				
Monday	<input type="checkbox"/>				
TOTAL					

5 A Day tracker
Keep score of how many fruit and vegetables you have this week. You should have at least 5 A Day, every day – choose a variety!

Which of these have you done this week?

Rate yourself between and

I have...

had some wholegrain foods	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							
tried a new fruit or vegetable	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							
had plenty of tap water	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							
used reusable cups and bottles	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							
had some beans or lentils	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							



Healthy Eating Week

My Health Tracker

Name _____

This week, I wasted less food by...

1

2

3

