

Instructions: Students use this chart to document what they ate during a typical day. Foods are sorted by food group to encourage learning pertaining to the Food Guide Pyramid.

Daily Food Chart

		Breakfast	Lunch	Dinner	Snack
Bread, Cereal, Rice & Pasta Group	Bread/Roll				
	Cereal (Cold or Hot)				
	Pancakes/Waffles				
	Bagel/ Toast				
	Muffin/Scone				
	Crackers/ Tortillas				
	Rice/ Pasta				
Fruit Group	Banana				
	Berries				
	Apple/Pear				
	Grapes				
	Peaches/Plums				
	Orange				
	Juice				
	other				
Vegetable Group	Salad				
	Corn				
	Broccoli/Cauliflower				
	Potatoes				
	Tomatoes				
	Carrots/Celery				
	Peas/Green Beans				
	Cucumber/Pickles				
	other				

	Breakfast	Lunch	Dinner	Snack
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts	Meat			
	Chicken/Turkey			
	Bacon/Sausage			
	Fish			
	Beans			
	Eggs			
	Nuts/Peanut Butter			
	Tofu			
	other			
Milk, Yogurt & Cheese	Milk			
	Yogurt			
	Cream Cheese			
	Ice cream			
	Cheese			
	other			
	Fats, Oils & Sweets Group	Soda		
Chips				
Cookies/Donuts				
Candy				
Butter/Margarine/ Oil				
Jelly				
Salad Dressing				
Cake/Pie				
Sugar				
Other				

