**Food Intake Tracker**

* For one week, keep track of everything that you eat for breakfast, lunch and dinner.
* We aren’t looking for portion sizes (ex - 8 oz of milk), but rather a bowl of lucky charms and a cup of chocolate milk.
* On a piece of paper, please create a T-chart or a table and write the date in one column and then list the food that you’ve eaten in the other.
  + **A sample T-chart with an entry is below as a guide**
* This Health Education “project” hopefully gets you thinking about health food options vs. non-healthy food options that you eat throughout the day.

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| **Date** | **List of Foods** |
| Monday March 20, 2020 | Breakfast   * Pancakes with Syrup * Orange slices * Glass of milk   Lunch   * Peanut Butter and Jelly sandwich * Cheetos * Glass of water   Dinner   * Spaghetti and meatballs * Can of Root Beer |