**Your task: write down everything you eat and drink in three days.**

Are you aware of everything you eat and drink in a day? If not, you are not alone! Most of us are unaware.

But keeping a food and drink diary is a great way to understand your eating patterns.

In this task, you’ll learn more about the food and drinks you’re consuming. You’ll do this keeping a diary of everything you eat and drink over three days, using the charts below.

Here are some tips to help you get started:

* Don’t worry about getting the diary perfect – just try to stay as consistent as you can.
* If possible, look at the nutrition labels on your food and drinks. Try noting down the amount of sugar per serving. For example, a 330ml can of Coke contains 35g of sugar. A serving of milk contains about 5g of sugar. If you find this part difficult, don’t worry – just read the sugar content per serving on the label (if there is one), and note it down.
* Try to write down what you’ve eaten and what you have had to drink as quickly as you can after finishing. Or you can write it down before you eat. If you decided not to eat it all, just cross it out on your list.
* We are asking you to write down each time you eat. Breakfast — morning tea — lunch — after school — dinner — before bed. If you don’t eat at any of these times, leave the spaces blank. For example, I never ate at school — too busy doing other things.

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| --- | --- | --- | --- | --- |
| **Meal** | **What I ate and drank** | **How much** | **Sugar quantity** | **Was this?** |
| For example, dinner | For example, homemade pizza with tomato sauce, ham, pineapple and cheese.  One can of Coke. | For example, 3 slices of pizza.  330ml can of Coke. | If possible, look at the nutrition labels. Note down amount of sugar per serving. | Too much,  too little, or just right? |
| **DAY ONE:** |  |  |  |  |
| Breakfast |  |  |  |  |
| Morning tea |  |  |  |  |
| Lunch |  |  |  |  |
| After school |  |  |  |  |
| Dinner |  |  |  |  |
| Before bed |  |  |  |  |
| **DAY TWO:** | **What I ate and drank** | **How much** | **Sugar quantity** | **Was this?** |
| Breakfast |  |  |  |  |
| Morning tea |  |  |  |  |
| Lunch |  |  |  |  |
| After school |  |  |  |  |
| Dinner |  |  |  |  |
| Before bed |  |  |  |  |

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| --- | --- | --- | --- | --- |
| **DAY THREE:** | **What I ate and drank** | **How much** | **Sugar quantity** | **Was this?** |
| Breakfast |  |  |  |  |
| Morning tea |  |  |  |  |
| Lunch |  |  |  |  |
| After school |  |  |  |  |
| Dinner |  |  |  |  |
| Before bed |  |  |  |  |

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| Now have a look at your overall food and drinks consumption. What do you think about your habits?  Did you know the recommended amount of sugar per day is about six teaspoons (24 grams) for women and nine teaspoons (36 grams) for men? This is recommended by Harvard University nutritionists? Teenagers can often consume triple that each day! This can lead to diseases like diabetes.  In the UNE workshop 50 grams was considered maximum amount to eat. For an adult of a healthy body mass index (BMI), this amount works out to about 12 teaspoons (or 50 grams) of 'free' sugar per day, according to the Food Standards set by Australian Government.  If you found you’re having too much sugar, you could cut down on sugary drinks (or choose sugar free) and reduce sugary breakfast cereals or sauces. However remember, sugar substitutes are not that healthy either!  **Write your thoughts about your food and drink diary below:** |

Name: School: Year: