

Give 3 examples of how you could make your eating more like the 'Balance of Good Health'.



Fit for Football, Fit for Life  
[www.tlfe.org.uk/fit](http://www.tlfe.org.uk/fit)

The contents of this booklet have been created by  
North East Lincolnshire Teachers

Name:



# My Food Diary



**Fit for Football, Fit for Life**  
<http://tlfe.org.uk/fit>





Over the next 6 weeks you will learn about food and what makes up a healthy eating. You will also learn about the eating pattern of Grimsby Town football players.

Record in your food diary everything you eat and drink.

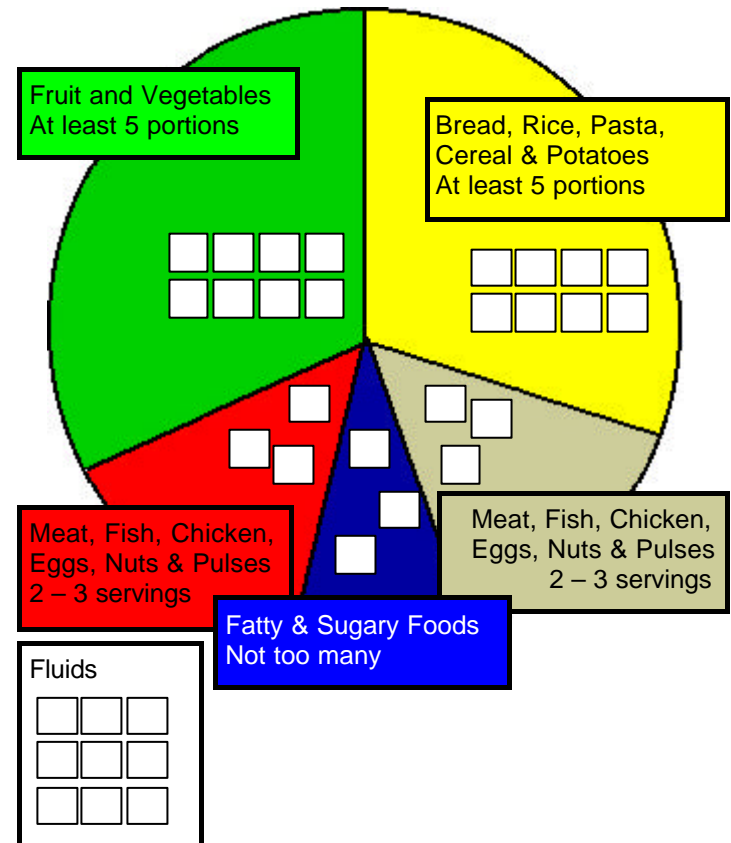


Are you eating healthily?

## How Balanced Is Your Eating?

From your day's meal record, find out how balanced your eating is.

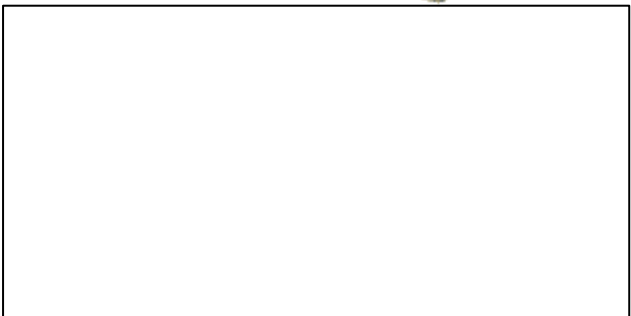
Tick a box when a food appears on your meal record. Use your 'portion size' sheet for reference.



Tea



Snacks



Hey! What happened to me!



# The Balance of Good Health

Fruit and vegetables (5 portions)

Bread, other cereals and potatoes (6 portions)



Meat, fish and alternatives (2-3 portions)

Milk and dairy foods (3 plus portions)

Foods containing fat  
Foods containing sugar  
(Treats)

The picture opposite shows foods that make up the 'Balance of Good Health'. Everyday you should eat some foods from each section of the circle.\*



Use the number of portions in brackets to guide you.

You can eat fats and sugars but in small amounts if you want to stay healthy.

\*Fats and sugars are an important part of your eating plan but should be taken in much smaller proportions if you want to stay healthy.

## What Do You Eat?

Please record everything you ate and drank yesterday. Be honest!

### Breakfast



### Dinner



## My Heart Rate

13 My resting heart rate is

b.p.m.



14 My heart rate during exercise is

b.p.m.



## My Lifestyle

Read these questions carefully and answer them honestly.

1 What do you think is meant by "being healthy"?

2 Do you think that you are healthy?  
Yes/No

3 Give reasons why you think that.

4 In a normal week what exercise do you

5 Do you enjoy physical exercise?  
Yes/No

6 Give reasons why.

7 What do you think is meant by a healthy eating?

8 Do you think that you eat healthily?  
Yes/No

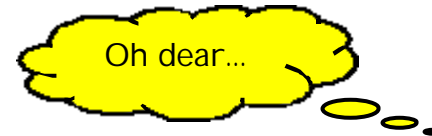


9 What makes a person happy?

10 Do you ever feel under pressure to do things you don't want to do? Yes/No

11 If yes, who is most likely to put you under this pressure? (Tick any)

- A) Parents
- B) Brothers/Sisters
- C) Teachers
- D) Friends
- E) Older children



12 Why is it sometimes difficult to say, "No - I don't want to do that"?