



Dart's Dish on healthy eating!

Food Diary



Materials: paper/notebook, pencil/pen

Age(s): preschoolers and older

Directions: Have your children keep food diaries of their breakfast, lunch, dinner, and snacks over the course of the day. Have them draw pictures of the food. Have a fun discussion about what they ate and when.

Modification: Have them keep track of colors of food eaten or where the food can from (fast food, restaurant, can, freezer, market, garden, etc).

FAMILY ENGAGEMENT