



**LUNCH
LOG**



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LUNCH LOG

Do you feel like you eat the same thing every single day? Does everyone else's lunch look better than yours? Want to make sure you are packing a you'll want to eat?

Write it down! Keeping track of what you pack and eat each day helps you to learn more about your own eating habits, the foods that appeal to you, and helps to ensure you are fueling your body with the nutrients needed to be strong and healthy.

GETTING STARTED

Items you will need:

- Pencil
- Colored pencils, markers, or crayons
- Mini binder (holds 5.5" x 8.5" sized pages)
- Adjustable 3-hole punch or hand-held paper punch
- Tape or glue (optional)

Binder Assembly:

Print one copy of pages 1-2, cutting each page in half with a scissors or paper cutter. Insert the cover into the binder's cover slot. Cut out the thin strip on the left side of page one for the spine insert. Write your name on the bottom of the spine marker and place it in the spine insert. The remaining instruction pages can be added to the front or back of the book for future reference.

Log Pages:

Print a few copies of the log pages and cut each page in half with a scissors or paper cutter. Using a paper punch, create holes on the left side of each page, then place them in the binder. Snap the rings shut after you've added all of the log pages. More pages can be printed and added as needed.

LOGGING YOUR LUNCH

Add information to each section of the log page to document what you packed and ate each day.

LUNCH LOG

DATE: Sept. 12

PACKED BY: MOM

CONTENTS: Sandwich
apple chips milk
carrots pudding

Using colored pencils, markers, or crayons, fill in the Fruit & Vegetable Color Bar to show which colors were in your lunch. Keeping track of the fruit and veggie colors are in your lunch is an easy way to show whether you're including enough variety.

FRUIT & VEGETABLE COLOR BAR

		YELLOW	GREEN	BLUE	PURPLE
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Eating food from each of the major food groups is very important. Cross out each food group that is included in your lunch.

FOOD GROUPS

<input checked="" type="checkbox"/> FRUITS	<input checked="" type="checkbox"/> VEGETABLES	<input checked="" type="checkbox"/> GRAINS	<input checked="" type="checkbox"/> PROTEIN	<input checked="" type="checkbox"/> MILK
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PHOTO, DRAWING, OR DIAGRAM

Add a photo of your lunch, draw a picture of something in your lunch, or add a diagram to show how you packed all that goodness into your lunch bag. This box can contain any sort of visual to help you better remember your lunch.

Rate your lunch! Five stars is the best you can give any given lunch. Feel free to use half stars if you'd like.

RECAP

RATING: ★★☆☆☆

ITEMS I LOVED: pudding

ITEMS TO SKIP: apple - my tooth is loose
and I can't bite it

IDEAS FOR NEXT TIME: applesauce and noodles

Was there something in your lunch that was particularly awesome? Write it here!

Was there something that you did not like? Write it down so you'll know to skip it next time.

Did your friend have something really great in her lunch? Did the guy next to you have something that made you drool? Write it here. We could all use ideas for a future lunch.

LUNCH LOG

DATE: _____

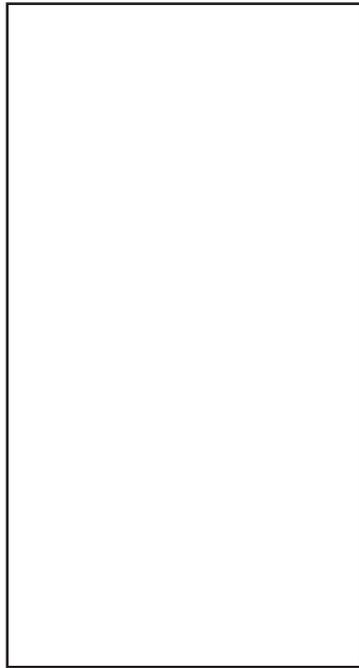
PACKED BY: _____

CONTENTS:

FRUIT & VEGETABLE COLOR BAR

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE
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FOOD GROUPS



PHOTO, DRAWING, OR DIAGRAM

RECAP

RATING: ☆☆☆☆☆

ITEMS I LOVED:

ITEMS TO SKIP:

IDEAS FOR NEXT TIME:

LUNCH LOG

DATE: _____

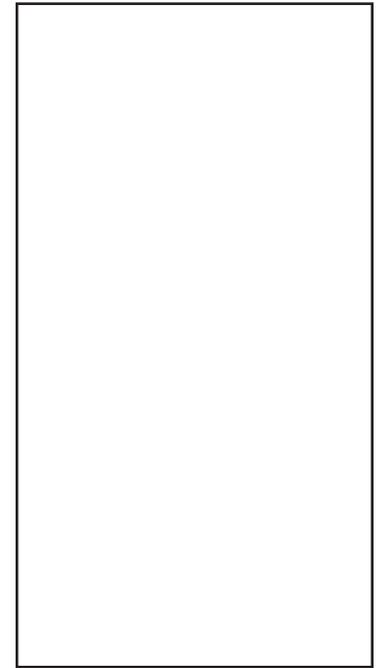
PACKED BY: _____

CONTENTS:

FRUIT & VEGETABLE COLOR BAR

RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE
-----	--------	--------	-------	------	--------

FOOD GROUPS



PHOTO, DRAWING, OR DIAGRAM

RECAP

RATING: ☆☆☆☆☆

ITEMS I LOVED:

ITEMS TO SKIP:

IDEAS FOR NEXT TIME:

