

Name..... Date.....



SO WHAT DOES OUR FOOD DIARY TELL US?

Go to: <http://www.channel4.com/apps/ict/ourbodies/health>
You then need to click on "Enter data".
This will allow you to put in the results from your Food Diary.
You have just taken part in the national survey!

LOOK AT THE THREE CHARTS:

Your Data: This shows your own personal results!
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Everyone's Diet: This pie chart shows the results of all the children who have done the food diary and entered their results on the website.
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Recommended Diet: This is what doctors and the Government recommend we eat in order to stay fit and healthy.
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BY LOOKING AT THE THREE CHARTS, WHAT CAN YOU LEARN ABOUT CHILDREN'S DIETS COMPARED WITH THE "RECOMMENDED DIET"?

1. Which foods should children eat more of?
2. Which foods should they eat less of?
3. Are there any food groups that children eat about the right amount of?
4. And what about you? Which groups do you think you should eat more of?
5. And which should you eat less of?