

Food Diary

Please print and complete a food diary on behalf of your child for three to five days, using one form for each day. The food diary should cover at least one school day and one non-school day, if applicable. It is not important to be very precise about portion size, but please try to include everything - including snacks and drinks - that your child consumes during the day. In the location column please indicate where the meal was consumed, eg school, home, restaurant. Use the comments boxes to indicate good or bad appetite, any feeding issues or behaviour, or anything else you feel is relevant.

Name of child:

Date:

Type of day (school day, weekend, holiday):

Anything to eat or drink before breakfast?

Breakfast

Food	Drink	Location	Comments

Mid-morning snack and drinks:

Lunch

Food	Drink	Location	Comments

Afternoon snacks and drinks:

Dinner

Food	Drink	Location	Comments

Evening snacks and drinks:

Any digestive issues today?

Any observations about your child's behaviour today?