

# Food Diary

Complete a food diary for a week to monitor what you had to eat. Where possible, look at the ingredients of your meals and find out which country the food has come from. At the end of each day, use an atlas or internet search tool to find out how far the food had to travel to get to you.



	Breakfast	Lunch	Evening Meal	Food miles for the day	What surprised me about my food?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					