**GCSE Homework**

**Scenario :** Complete the 7 day food diary as best as possible.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Snacks | Lunch | Snacks | Dinner | Snacks | % of Fats, Carbohydrates, Protein, Vits and Minerals, Fibre, Water |
| Monday |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |

Due Date: