

SCIENCE ACROSS THE WORLD

What did you eat?

Date

To
(teacher's name)

School

Address

Telephone
(with international dialling code)

Fax

E-Mail

Web address of school

From
(teacher's name)

School

Address

Telephone
(with international dialling code)

Fax

E-Mail

Web address of school



Time of day	Activities	Meals/Snacks eaten
04.00		
05.00		
06.00		
07.00		
08.00		
09.00		
10.00		
11.00		
12.00		
13.00		
14.00		
15.00		
16.00		
17.00		
18.00		
19.00		
20.00		
21.00		
22.00		
23.00		
24.00		

1 Breakfast

- a For breakfast most students eat:

- b We think that eating a good breakfast before going to school is: important/not important because:

2 Eating habits

- a The sort of snacks and sweets we eat during the day are:

- b The arrangements for meals during the school day are:

- c The people who choose and prepare our food are:

- d Traditional beliefs about diet in our country are:

- e The ways in which eating habits are changing are:

3 Diet and health

a We think that most members of our class eat:

a balanced diet

too much salt

enough dietary fibre

too much sugar

enough fruit and vegetables

too much fat

b Suggestions for improving our diet are:

c Our main concerns about diet and health are:

