**Food Needs Record**

Use this chart to record information about the 3 days of foods you ate. Record WHAT you ate, and WHY you ate it. **Use the terminology you have learned in class** (Physical reasons, Psychological reasons...)

|  |  |  |
| --- | --- | --- |
| Day 1 | Foods Eaten | Reasons |
| Time: | Breakfast |  |
| Time: | Lunch |  |
| Time: | Dinner |  |
| Time: | Snacks |  |

|  |  |  |
| --- | --- | --- |
| Day 2 | Foods Eaten | Reasons |
| Time: | Breakfast |  |
| Time: | Lunch |  |
| Time: | Dinner |  |
| Time: | Snacks |  |

|  |  |  |
| --- | --- | --- |
| Day 3 | Foods Eaten | Reasons |
| Time: | Breakfast |  |
| Time: | Lunch |  |
| Time: | Dinner |  |
| Time: | Snacks |  |

Answer the following questions regarding the food choices you made

1. What were the main reasons you ate the foods you did? (Make sure you use the terminology we have been learning in class)
2. Does the situation you are in have an impact on the food you choose to eat? Explain.
3. Do your eating patterns/choices change on the weekends? Explain.