Worked example – a fictional day. Write in your own entries.

Daily food diary

Date: Tuesday 17 November 2026

Name Sam Taylor **Day** Tuesday

Time	Meal / snack	What you had (food and drink)	Where / who with
7:30	Breakfast	Porridge with banana; tea with milk	Kitchen
10:15	Snack	Apple; coffee	Desk
12:45	Lunch	Cheese and salad sandwich; crisps; water	Work canteen, with Jo
3:30	Snack	Two oatcakes; tea	Desk
6:45	Dinner	Chicken curry, rice, peas; glass of water	Home, with family
9:00	Snack	Toast with jam; herbal tea	Sofa

Notes (how you felt, anything you want to remember)
Felt hungry mid-afternoon. Slept badly the night before.