

# WEEKLY FOOD REGISTER



CELIA MORENO CARRÓN

3º ESO A

# Weekly Table

Lunes	Martes	Miercoles	Jueves	Viernes
Milk with colacao and cookies	Milk with cereals	Milk with colacao and cookies	Milk with toast	Milk with colacao and cookies
Rice cakes		Rice cakes	Little orange	Rice cakes
Puree and fillets Grapes	Lentils Grapes	Pasta with atun	Green beans with fish Banana	Paella Grapes
Sandwich	Toast with tomatoe	Grapes	Sandwich	Popcorns
Potatoe omelette Lemon yogurt	Crepes	Pumpink puree	Fish and pumpink Yogurt with jam	couscous with vegetables Yogurt

## CONCLUSIONS

- I think that i have a good diet. but if i had to add things i would add more fish and salads.
- The amounts are small. I always try to fill my stomach.
- All the days I ate vegetables, because they are very important in a diet.
- I usually eat fast food on friday, because it is the only day I meet with my friends.
- I drink little water and I want to change.
- I **practise** a little sport and I also want to change it.

## Nutrients

Daily:

I eat a lot of variety of foods. but I don't eat many fruit, and is necesary for the body.

Weekly:

i think that I eat mor or less well because I eat all the nutrients necesaries. Also I have to add more salad.