

# Design a Food Diary

## Amazing Fact

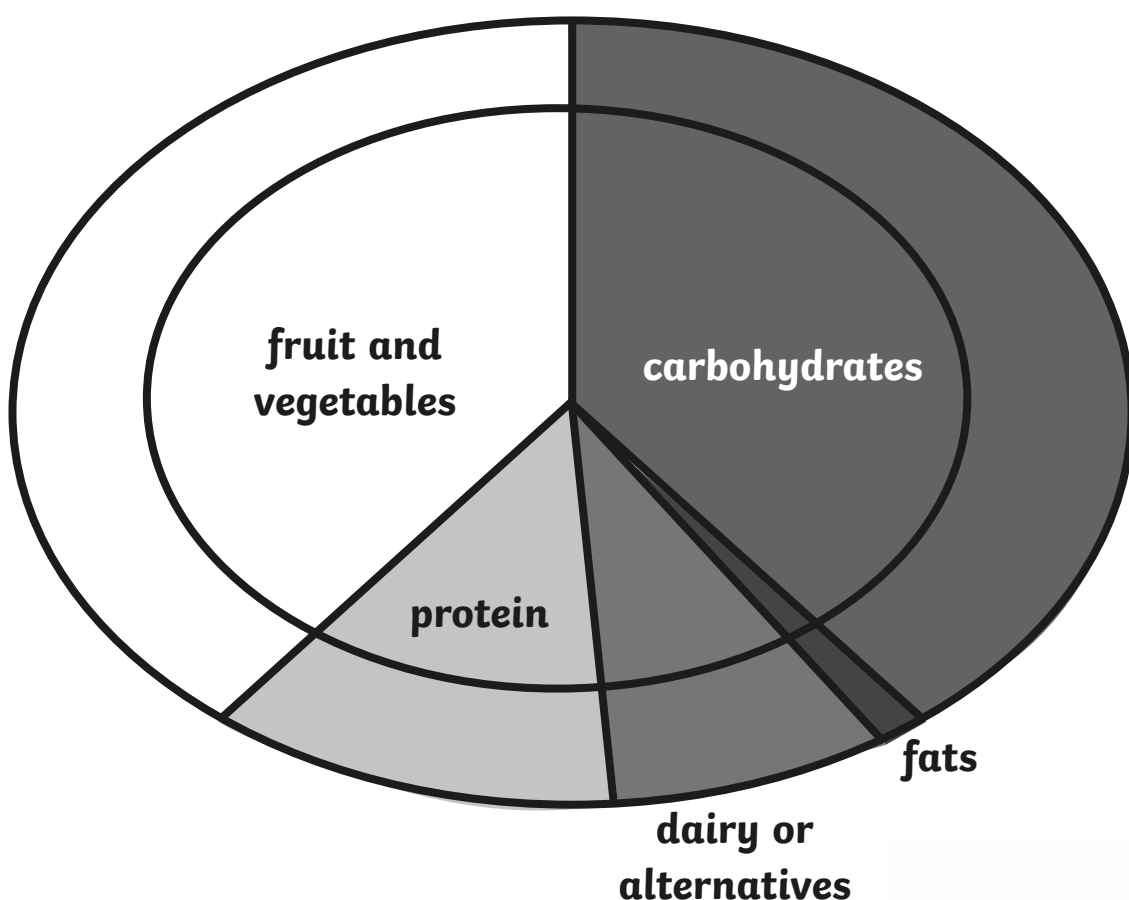
The Vision Diet, an unusual weight loss concept, was invented in Japan in the late 2000s. Based on the fact that most foods that look appetising are in the red-yellow colour spectrum, the dieter wears blue tinted glasses so that all food looks blue and therefore less appealing.

## Challenge

Think about what makes a healthy diet.

Look carefully at the healthy eating plate and think about what foods would be included in each category.

Design a food journal for each day of the week. Be sure to include the correct proportion of each food type throughout the day.

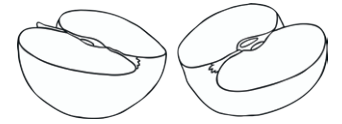


You could also try to find out:

- what other strange diets have been developed;
- what percentage of the population at any one time are on a diet;
- what percentage of the population are overweight;
- what the most popular food in the world is.



# My Healthy Eating Food Journal



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							