

Name and grade: _____

Food diary form

This form is a help for you to register your child's food intake. Here you can write down everything your child consumes during the day, in order to make it easier for you to enter it into MyFood24 later. The form can also be used if you have challenges with the login to the Myfood24 food diary program. You should keep a food diary of everything your child eats and drinks over the course of three days. This applies both at home, at school, in the SFO, and during sports activities.

If you have any questions or challenges with the food diary, please contact us at phone: **51680487** or email: myfood_gsb@nexs.ku.dk

Day 1 - Food and drinks	Amount
Breakfast	
Lunch	

Day 2 - Food and drinks	Amount
Breakfast	
Lunch	
Dinner	

Day 3 - Food and drinks	Amount
Breakfast	
Lunch	
Dinner	

