





What did we eat today?

we draw a circle around food we got from our garden

		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday	
		Adults	Sick/old/pregnant	Small kids	Adults	Sick/old/pregnant	Small kids	Adults	Sick/old/pregnant	Small kids	Adults	Sick/old/pregnant	Small kids	Adults	Sick/old/pregnant	Small kids	Adults	Sick/old/pregnant	Small kids	Adults	Sick/old/pregnant
GO foods (starch)	maize, potato, sweet potato 	1.5-2 cups/day																			
GROW foods (protein)	eggs, milk, maas chicken, red meat, fish peanuts, beans, peas 	1 cup/day																			
GLOW foods (vegetables and fruit)	carrots, orange sweet potato, pumpkin, tomato, oranges 	5 portions/day																			
GLOW foods (vegetables and fruit)	cabbage, onions, green beans, lettuce, beetroot 	5 portions/day																			
Fats and oils: sunflower oil, butter, margarine, animal fat																					
Sugar in tea and porridge softdrinks such as Coke and SweetAid; biscuits, sweets																					