

# \_\_\_\_\_ 'S FOOD JOURNAL

Use this food journal to keep track of your school snacks! Think about:

- Smell: Smell your snack, does it smell sweet? Savoury? Earthy?
- Feel: Hold your snack in your hand, is it soft or hard? Squishy or rough?
- Look: What do you notice? What color is it? What shape is it?
- Taste: Is sweet or salty? Sour or savory? Does it change the longer you chew?

***Challenge: don't use the food's name when describing it!***

Draw your snack!

My snack is a:



Fruit



Vegetable



Whole  
Grain



Protein

My snack smells like: \_\_\_\_\_

My snack feels like: \_\_\_\_\_

My snack looks like: \_\_\_\_\_

My snack tastes like: \_\_\_\_\_

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