## Sophie Says x Nutritank

FOOD DIARY \& WATER TRACKER


# Sophie Says let's learn about 

## Water

IF IT IS VERY Hot And SUNWY OUTSIDE YOU MIGHT NEED TO DRINK MORE THAN USUAL

WATER HELPS YOU RUN FAST AND HELPS YOU CONCENTRATE AT SCHOOL


TRY TO HAVE A DRINK BEFORE SCHOOL WTH BREAKAST AND AT BREAKS THROUGHOUT THE DAY AT SCHOOL

BODY Y IS MADE UP OF
YOUR CELISS
AROUND GOO\%. WATER?
DID YOU KNOW YOUR BODY IS MADE UP OF

> TRY TO SIP ON A DRINH WITH EACH MEAL AD SNACH THROUGHOUT THE DAY


## YOUR CELLS OXYEEN AND



If YOU ARE RUNNING AROUND A LOT. PLAYING GAMES UITH FRIENDS OR DO A FUN SPORT LIKE TENNS. FOOTBALL. RUGBY. SLIIMMNG. HCCKEY OR NETBALL YOU MIGHT NEED TO DRINK MORE that day or during thet time.

## Weekly Water Tracker

For each day, colour in the cup to show the number of glasses of water you've had.


## خMonday

## What I had for breakfast:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your breakfast here:


## خMonday

## What I had for lunch:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your lunch here:


## ̇Monday'

## What I had for dinner:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your dinner here:


## خMonday'

## Did you have any snacks today?

What did you enjoy eating the most today and why?

Did you help cook any meals today? If so, how did you help?

## خTuesday

## What I had for breakfast:

Did you enjoy it?


## How did it taste?

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$\qquad$

Draw a picture of your breakfast here:


## خTuesday

## What I had for lunch:

Did you enjoy it?
What did you enjoy or not enjoy about it?


## How did it taste?

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$\qquad$

Draw a picture of your lunch here:


## خTuesday

## What I had for dinner:

Did you enjoy it?
What did you enjoy or not enjoy about it?


## How did it taste?

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$\qquad$

Draw a picture of your dinner here:


# خTuesday 

## Did you have any snacks today?

What did you enjoy eating the most today and why?

Did you help cook any meals today? If so, how did you help?

# خWednesday 

## What I had for breakfast:

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$\qquad$
$\qquad$

Did you enjoy it?
What did you enjoy or not enjoy about it?


## How did it taste?

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$\qquad$

Draw a picture of your breakfast here:


# خWednesday 

## What I had for lunch:

Did you enjoy it?
What did you enjoy or not enjoy about it?


## How did it taste?

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$\qquad$

Draw a picture of your lunch here:


# خWednesday 

## What I had for dinner:

Did you enjoy it?
What did you enjoy or not enjoy about it?


## How did it taste?

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$\qquad$

Draw a picture of your dinner here:


# خWednesday 

## Did you have any snacks today?

What did you enjoy eating the most today and why?

Did you help cook any meals today? If so, how did you help?

## ’Thursday ${ }^{\prime}$

## What I had for breakfast:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your breakfast here:


## خThursday ${ }^{\prime}$

## What I had for lunch:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your lunch here:


## ’Thursday ${ }^{\prime}$

## What I had for dinner:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your dinner here:


## خThursday ${ }^{\prime}$

## Did you have any snacks today?

What did you enjoy eating the most today and why?

Did you help cook any meals today? If so, how did you help?

## خFriday

## What I had for breakfast:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your breakfast here:


## خFriday

## What I had for lunch:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your lunch here:


## خFriday

## What I had for dinner:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your dinner here:


## خFriday

## Did you have any snacks today?

What did you enjoy eating the most today and why?

Did you help cook any meals today? If so, how did you help?

## ¡Saturday $=$

## What I had for breakfast:

Did you enjoy it?


## How did it taste?

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$\qquad$

Draw a picture of your breakfast here:


## ¡Saturday $=$

## What I had for lunch:

Did you enjoy it?
What did you enjoy or not enjoy about it?


## How did it taste?

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$\qquad$

Draw a picture of your lunch here:


## ¡Saturday $=$

## What I had for dinner:

Did you enjoy it?
What did you enjoy or not enjoy about it?


## How did it taste?

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$\qquad$

Draw a picture of your dinner here:


## خSaturday $=$

## Did you have any snacks today?

What did you enjoy eating the most today and why?

Did you help cook any meals today? If so, how did you help?

## 'Sunday

## What I had for breakfast:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your breakfast here:


## ’Sunday

## What I had for lunch:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your lunch here:


## ’Sunday

## What I had for dinner:

Did you enjoy it?
What did you enjoy or not enjoy about it?


How did it taste?

Draw a picture of your dinner here:


## 'Sunday

## Did you have any snacks today?

What did you enjoy eating the most today and why?

Did you help cook any meals today? If so, how did you help?

