

My Food and Fun Journal

Your body sends you signals every day, like a tummy growl or a smile after a game!

Think about one food you ate today and one way you moved your body today. Write or draw both. How did your body feel hungry before you ate? How did you feel after you played? ([Understanding](#), [Understanding](#))

Where to start:

- What signal told you it was time to eat? A growl? Low energy? ([Knowledge](#))
- What food did you choose? Why did you pick it?
- What activity did you do? Was it easy, medium, or hard work for your body? ([Knowledge](#))
- Who did you move or eat with today?
- Did you feel happy, tired, or strong afterward?

Stretch:

Think of a game you play with family or friends. Write one way it helps you feel good, connected, or excited ([Understanding](#)).