

What I've eaten over the last 24 hours....

<u>Breakfast</u>	Frosted Shreddies ^{with milk} + <u>Apple</u> and <u>pear</u> juice.
<u>Break time</u>	Nothing
<u>Lunch</u>	Nothing
<u>After school</u>	Two <u>ham</u> sandwiches
<u>Tea</u>	Lasagne, <u>salad</u> and <u>a</u> single glass of tap water. = (approx 3 types of veg in salad)
<u>Supper</u>	Nothing
<u>Other</u>	A biscuit. <u>Banana</u>

6 Eat more fruit & veg.