

# Unit 10

## 1 BEFORE YOU WRITE

- A** What kinds of foods do you think are healthy? Do you eat healthy foods?
- B** Read the form. Find *Calories, Fiber, Protein, Carbohydrates, Sugar, Fat, and Grams*. What do these words mean?

## 2 WRITE

Keep a record of the food you eat today. Complete the log. Use information from the nutrition labels on the food you eat.

Healthy Eating Log

Date: \_\_\_\_\_

Food or Beverage: orange juice

Calories	Carbohydrates	Fat	Protein	Sugar	Fiber
110	26g	0g	2g	22g	0g

Food or Beverage: \_\_\_\_\_

Calories	Carbohydrates	Fat	Protein	Sugar	Fiber

Food or Beverage: \_\_\_\_\_

Calories	Carbohydrates	Fat	Protein	Sugar	Fiber

Daily Totals

Calories	Carbohydrates	Fat	Protein	Sugar	Fibe:

Can you...complete a healthy eating log?