

Daily Food Journal for FRES1020 (9:30-10:45)

Assignment #1, given August 20, 2004

To be turned in August 27, 2004

Date	Day	Number of servings of fruits	Number of servings of vegetables	Total fruits + vegetables
Aug. 20, 2004	Friday, breakfast			
	Friday, lunch			
	Friday, dinner			
<i>Total/day</i>				
Aug. 21, 2004	Saturday, breakfast			
	Saturday, lunch			
	Saturday, dinner			
<i>Total/day</i>				
Aug. 22, 2004	Sunday, breakfast			
	Sunday, lunch			
	Sunday, dinner			
<i>Total/day</i>				
Aug. 23, 2004	Monday, breakfast			
	Monday, lunch			
	Monday, dinner			
<i>Total/day</i>				
Aug. 24, 2004	Tuesday, breakfast			
	Tuesday, lunch			
	Tuesday, dinner			
<i>Total/day</i>				
Aug. 25, 2004	Wednesday, breakfast			
	Wednesday, lunch			
	Wednesday, dinner			
<i>Total/day</i>				
Augs. 26, 2003	Thursday, breakfast			
	Thursday, lunch			
	Thursday, dinner			
<i>Total/day</i>				
Weekly Average/day				