

# A GUIDE TO THIS FOOD JOURNAL

Before we begin, please put your finger on the truth potion below and read this aloud :

“I promise on **Mozi** the mysticbeast to always tell the truth and nothing but the truth!”



The food we eat takes someone hours to make. And it takes farmers months to grow it. If we waste food, we are being careless about their hard work.

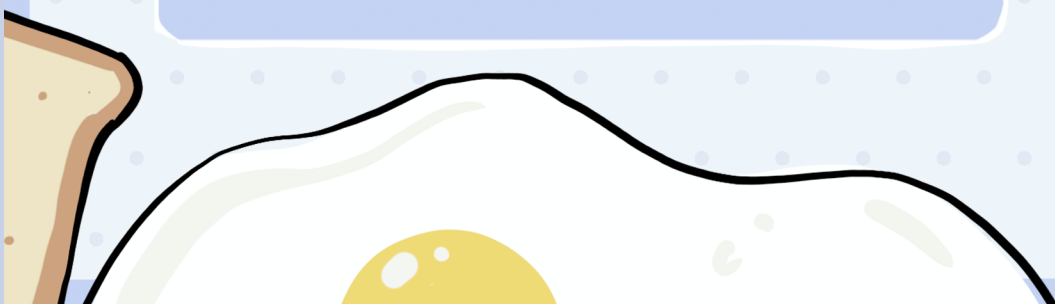
Let's track all our meals over the next 3 weeks and find out how many days we go without food waste!

## RULES

If you finish everything on your plate: your score will be **1** for that meal

If you waste even a morsel of food : your score will be **0** for that meal

Write down your food wastage score in the blank circles. Remember, you have taken an oath to be honest! At the end of every week, add your score. At the end of 21 days, add your weekly scores.



Score:  / 84

#FightFoodWastage

Your total

FOOD JOURNAL

This booklet is a food journal. Over the next three weeks, note down all the times you wasted or did not waste food.

Many of us throw away food on our plates. Wasting food is not cool. We can help others by making sure we eat all the food on our plates and never throw away anything. Let's pledge to STOP FOOD WASTAGE!

It's pretty simple.

How?

But we can help them.

There are more than 8 billion people in the world. Out of these 8 billion, 2 billion people do not get food everyday. It means billions of people go to sleep hungry everyday! That's a lot!

STOP FOOD WASTE

GOALS SUSTAINABLE DEVELOPMENT

MYSTICLAND IN SCHOOL

My food journal

Score:

#FightFoodWastage

Your week 3

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Breakfast

Lunch

Dinner

Snacks

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Breakfast

Lunch

Dinner

Snacks

Your week 1

#FightFoodWastage

Score:

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Breakfast

Lunch

Dinner

Snacks

Your week 2

#FightFoodWastage

Score: