



Activity 25: What food I consumed yesterday

Take a few quiet minutes to look back on what you ate yesterday. This isn't about guilt or judgment — it's about awareness and curiosity.

1

What did I eat and drink throughout the day?

All meals...

Any drinks?

Snacks or
sweets?



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2 Where did most of my food come from?

- | | |
|---|---|
| ☐ Home-cooked | ☐ Packaged or convenience foods (snacks) |
| ☐ Restaurant or take-out | ☐ Local market or supermarket |
| ☐ Canteen/school/workplace | |

3 How much of the food I ate was plant-based (fruits, vegetables, grains, legumes, nuts)?

- | | |
|---|--|
| ☐ None or almost nothing | ☐ Most of it/ A lot |
| ☐ A little | ☐ All of it |
| ☐ Some | |

4 Did I eat any animal-based products (meat, dairy, eggs)? If so, how often during the day?

How often?

List what kinds:

5 Was I aware of where the food came from (e.g., local, imported, seasonal)?

- | | |
|--|--|
| ☐ Yes, I think about it often | ☐ Not really |
| ☐ Sometimes, but not always | ☐ I'm not sure where my food comes from |

6 Which of the foods I ate were processed or packaged, and which were fresh or minimally processed?

But an estimate onto the line.

None of them

All of them





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7 Did I waste any food yesterday? If yes, what and why?

8 Did I eat more out of hunger, habit, stress, boredom, or other reasons?

☐ Hunger

☐ Boredom

☐ Habit

☐ Other:

☐ Stress

9 Are there any habits I noticed that I might want to change or explore more?

10 What's small action(s) I could try today to make my food choices more sustainable or intentional?

