

#22 WHAT I EAT

Use your phone's camera to take a photo of everything you eat or drink for one week (including water).

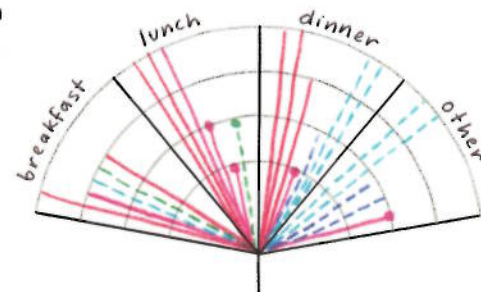


Refer to these photos at the end of the week (or end of each day) when drawing, according to the rules below.



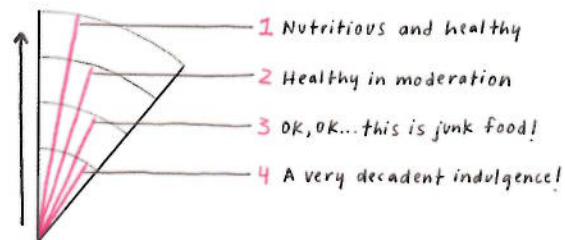
1. LINES = each item of food and drink

Lines are drawn in the time period when they were eaten



ONE DAY OF MEALS

2. Line LENGTH = represents how nutritious the food is (Be honest!)

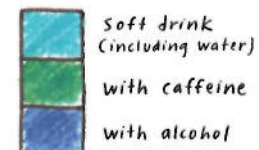


3. Line COLOR and TEXTURE = the type of food consumed

FOOD



DRINK



4. DOT at the end of the line = highly processed food with a long list of ingredients



Data collected from _____ to _____

