**午餐紀錄工作紙**

**午餐地點：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 午餐類型：\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

午餐食物紀錄

| 食物種類 | 肉類 | 蔬菜類 | 五穀類 | 蛋／奶類 | 水果類 |
| --- | --- | --- | --- | --- | --- |
| 午餐份量例：牛扒一塊 |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

午餐剩餘食物紀錄

| 食物種類 | 肉類 | 蔬菜類 | 五穀類 | 蛋／奶類 | 水果類 |
| --- | --- | --- | --- | --- | --- |
| 剩餘份量例：白飯1/3碟 |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |