

What I Ate in a Day

[By Tobi Meuwissen](#)

In this resource, appropriate across all ages, participants will create drawings of the things they consume in a day. They will work in a handmade sketchbook to create a variety of outcomes inspired by playful prompts. This drawing exercise could be dipped in and out of across a day at school or home, and could supplement conversations about nutrition and healthy eating habits.

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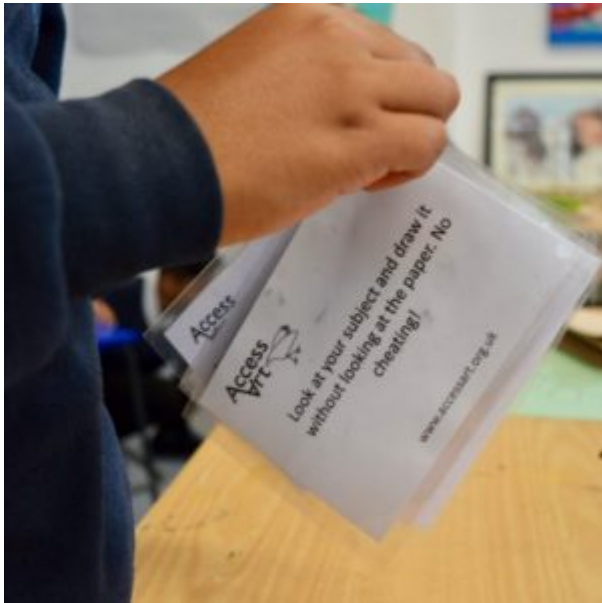


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