

FOOD & EATING



What I usually eat for:



Breakfast



Lunch



Evening meal



My favourite food



Food I don't like



I get enough food every day:

- Yes
- Sometimes
- No



Mealtimes are usually:

- Nice
- Noisy
- Rushed
- Fun
- Stressful
- Arguing



I usually eat with:

- Grown-ups
- Children
- By myself

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

www.SocialWorkersToolbox.com

Free social work
resources for
direct work



FOLLOW US ON **FACEBOOK** TO STAY FULLY
UP TO DATE WITH NEW DOWNLOADS:

Free
social work
resources for
direct work



**Social Work Tools and Resources
- Free; Socialworkerstoolbox.com**

©EDITA STIBOROVA (2025) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and training purposes, provided that no changes are made to its content. You are not permitted to upload this resource to your own website or to social media. You may include a link from your website or social media page or group to ours.