

Nutrition and Dietary Habits Check Sheet(2026)

~Let's review own diets~

Student ID

Name

(M • F)

Birth date YYYY / MM / DD / / /



☆ Answer the questions below.

1 Living with family No / Yes **2** Habitual exercise No / Yes [hours/ week]

3 Mark the items below which you are interested in or you need advice.

(1)nutrition balance	(2)vegetable taking	(3)meal for athlete
(4)self-cooking	(5)breakfast taking	(6)day time snack
(7)night snack	(8)others [details:]	

4 **Describe your meals on the days with and without school in the table below.**

	On-campus (ex. Weekdays)			Off-campus (ex. Weekends)		
	Menu (Ingredients)	Amt.	Select one	Menu (Ingredients)	Amt.	Select one
Breakfast			Home Convenience store Dining out /co-op others			Home Convenience store Dining out /co-op others
Lunch			Home Convenience store Dining out /co-op others ()			Home Convenience store Dining out /co-op others ()
Dinner/ Supper			Home Convenience store Dining out /co-op others ()			Home Convenience store Dining out /co-op others ()
Snacks						
Alcohol						

Refer to the entry example on the back page.

Example

	On-campus (ex. Weekdays)			Off-campus (ex. Weekends)		
	Menu (Ingredients)	Amt.	Select one	Menu (Ingredients)	Amt.	Select one
Breakfast	bread coffee	1 slice 1 cup	Home Convenience store Dining out /co-op others	rice soup (tomato, bacon) boiled egg	1 bowl 1 cup 1	Home Convenience store Dining out /co-op others
Lunch	rice hamburg steak salad (broccoli, lettuce) soup (onion, carrot, potato)	1 bowl 1 1 plate 1 cup	Home Convenience store Dining out /co-op others	spaghetti with meat sauce salad (tomato, cucumber)	1 plate 1 plate	Home Convenience store Dining out /co-op others
Dinner	noodle (green onion, roasted pork) fried mashed potato		Home Convenience store Dining out /co-op others	rice vegetable stir fry (cabbage, carrot, pork) deep fried chicken	1 bowl 1 plate 2	Home Convenience store Dining out /co-op others
Snack	chocolate	1 pack		potato chips	1 pack	
Alcohol				beer	350ml	

