

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
Break fast			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
Break fast	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	

