

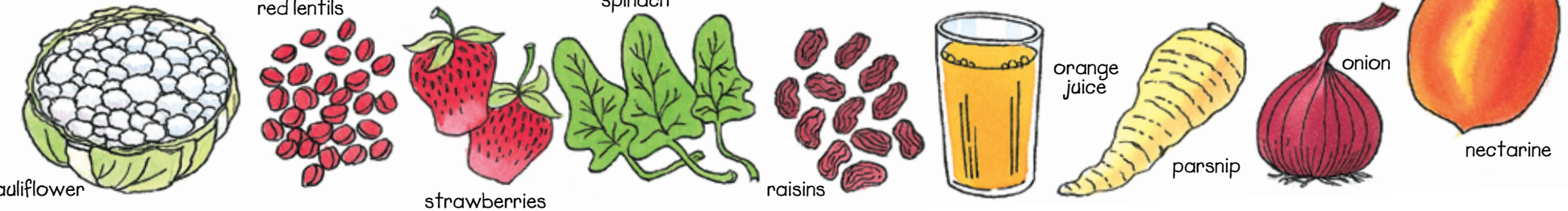
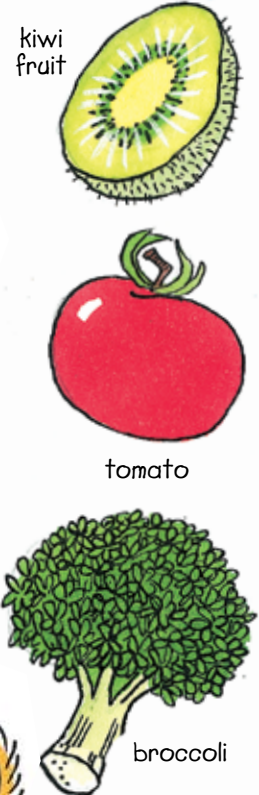
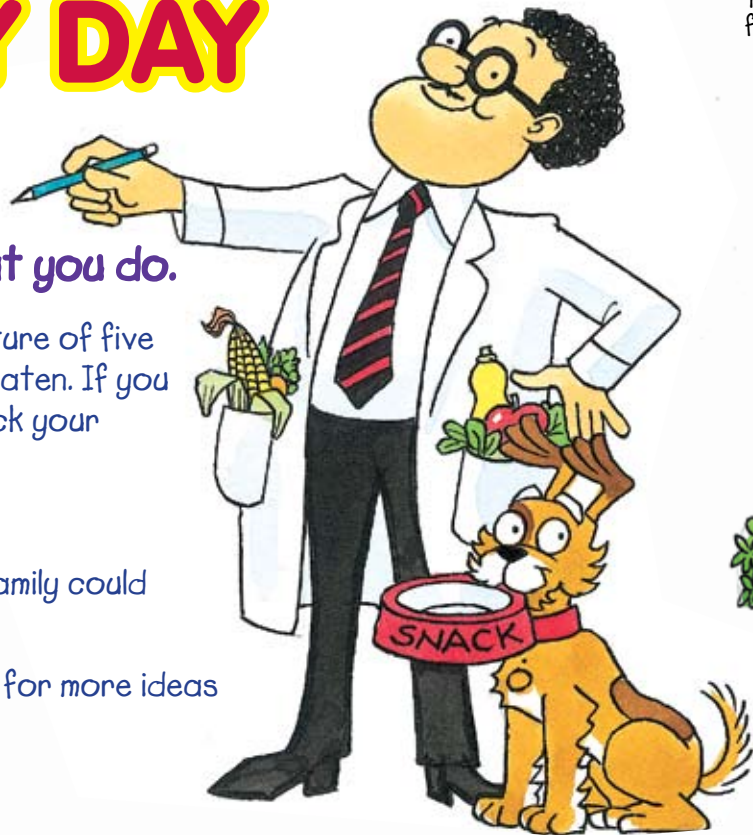
5 A DAY EVERY DAY

Do you eat at least five portions of fruits and vegetables **every** day? Here's a great way to make sure that you do.

Fill in the chart below each day by drawing a picture of five of the different fruits and vegetables you have eaten. If you eat more than five, that's GREAT. You can just pick your five favourite ones to draw.

If you can, photocopy the chart first so you can use it again and again - other members of your family could do the same!

Remember to check out www.greatgrubclub.com for more ideas on how to get your 5 A DAY.



5 A DAY WALLCHART

Draw and colour five vegetables and fruits you ate today.



	1st fruit or veg	+	2nd fruit or veg	+	3rd fruit or veg	+	4th fruit or veg	+	5th fruit or veg	=	I ate (total number)	I tried something new (✓ or X)
Monday	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="checkbox"/>
Tuesday	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="checkbox"/>
Wednesday	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="checkbox"/>
Thursday	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="checkbox"/>
Friday	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="checkbox"/>
Saturday	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="checkbox"/>
Sunday	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="checkbox"/>



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World Cancer Research Fund