|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *1* | *2* | *3* | *4* | *5* |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |

Remember that we should all eat 5 portions of fruit and vegetables every day. Talk to your grown up about why it’s important to eat fruit and vegetables.

Can you keep a record for a week of your 5 a day? Draw or write which fruit and vegetables you eat.