

5 a Day Diary



Keep a record of the fruit and vegetables you eat over the next three days. Don't forget to include fruit and vegetables hidden in other foods, for example onion, tomato and carrot in spaghetti bolognese.

Day 1

Draw and label pictures of the fruit and vegetables you have eaten.

Total:

Day 2

Draw and label pictures of the fruit and vegetables you have eaten.

Total:

Day 3

Draw and label pictures of the fruit and vegetables you have eaten.

Total: