

# My Fruit and Vegetable Chart

Name \_\_\_\_\_

Each day I need to eat \_\_\_\_\_ serves of fruit and \_\_\_\_\_ serves of vegetables.




Day	Serves of Vegetables					Serves of Fruit	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

How many serves a day?

Age	Veg	Fruit
9-11	5	2
4-8	4½	1½
2-3	2½	1




How much is 1 serve?

150 grams of fresh FRUIT or:

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  = 
 

1 medium piece (e.g. apple)    2 small pieces (e.g. apricots)    1 cup chopped or canned fruit

75 grams of fresh VEG or:

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  = 
 

1/2 cup cooked veg or legumes    1/2 medium potato    1 cup salad or veg

If I eat \_\_\_\_\_ serves of fruit and \_\_\_\_\_ serves of vegetables each day for a week,

my reward will be \_\_\_\_\_

