

Name

Class

Date

5 A DAY DIARY

Draw and label pictures of the fruits and vegetables you eat over the next week. Work out the total. Did you get your 5 a day every day?

Total:

MONDAY

Total:

TUESDAY

Total:

WEDNESDAY

Total:

THURSDAY

Total:

FRIDAY

Write a few sentences explaining which fruit and vegetables you enjoyed the most. Did you try any new ones this week?
