

My 5 a Day Chart

Name: _____

Colour a square for each portion of fruit or veg you eat on that day. Use a colour to match the food, e.g. yellow for a banana or orange for an orange!

| Day | 1 | 2 | 3 | 4 | 5 | + |
|-----------|---|---|---|---|---|---|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |

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