

My 5 A DAY tally chart Name: __

Name: _____

Keep a tally of vegetables and fruit that count towards your 5 A DAY for each mealtime. Work out your total. Did you get your 5 A DAY every day?

He	althy
for	Eating

	Mon	Tue	Wed	Thu	Fri
Breakfast					
Lunch					
Dinner					
Other					
TOTAL					

Wordsearch

apple	fruit			
banana	grapes			
berries	lettuce			
cabbage	orange			
carrot	tomato			
cucumber	vegetables			

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