

Find out two facts about a fruit or vegetable that you haven't tried before and write them below:

Fruit & Veg facts

	Texture
	Flavour
	Sweetness
	Smell
	Appearance



Taste a fruit or vegetable and record your observations below:

Fruit & Veg tasting

Which of these have you done?

Rate yourself between and
This week, I have...

tried a new fruit or vegetable							
eaten more fruit than usual							
eaten more veg than usual							
had 10 different varieties							
wasted less fruit and veg							

This week, I enjoyed...

Fill in a box each time you have a different type of fruit or vegetable:

Fruit & Veg variety

					Friday
					Thursday
					Wednesday
					Tuesday
					Monday
Breakfast Lunch Dinner Snacks TOTAL					

You should have at least 5 A Day, every day.

Keep score of how many fruit and vegetables you have this week.

5 A Day tracker

Fruit & Veg for Schools.



My tracker

Name

As part of the Stronger Starts Fruit & Veg for Schools initiative

