

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

Stronger Starts

British Nutrition Foundation