

My 5 A DAY tally chart

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?



	Mon	Tue	Wed	Thu	Fri
Breakfast					
Lunch					
Dinner					
Other					
TOTAL					

Wordsearch

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

b	f	r	u	i	t	e	c	f	v
a	l	f	z	i	g	a	l	e	s
n	s	e	p	a	r	g	g	l	s
a	h	a	b	r	l	e	n	p	e
n	q	b	o	x	t	b	x	p	i
a	a	t	y	a	x	a	v	a	r
c	r	e	b	m	u	c	u	c	r
f	g	l	e	t	t	u	c	e	e
n	e	o	r	a	n	g	e	q	b
s	f	o	t	a	m	o	t	j	z