

*working towards a healthier district*

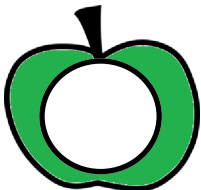
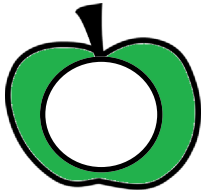
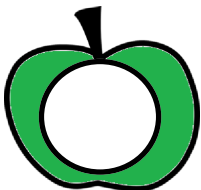
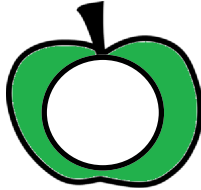
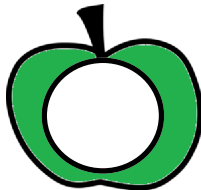


Name: \_\_\_\_\_

# My 5 a day chart

### How to score:

At the end of each day, write your 5 a day score in the apple.








Monday	Tuesday	Wednesday	Thursday	Friday
				

One portion is a handful

Eat a rainbow for lots of vitamins and minerals

Fresh, Frozen, Canned, Dried and Juiced all count

**Monday**

						
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	Signed by: _____	

For each portion of fruits or vegetables you eat, colour in an apple

Count up all the apples you have coloured in and write the number in the circle

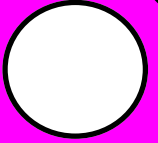
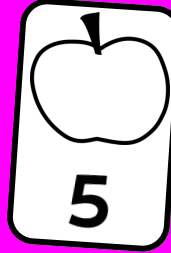
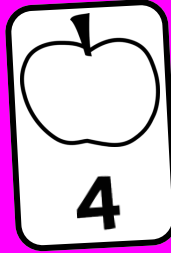
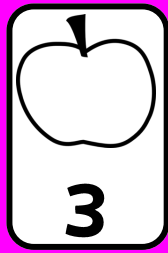
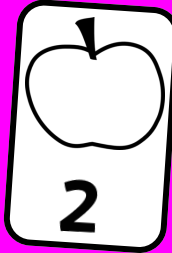
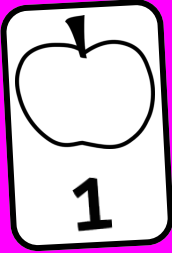
Bring the sheet into school each day to add up a class total



# 5 a day challenge!

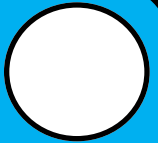
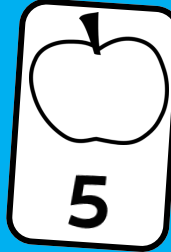
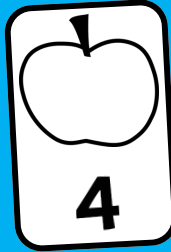
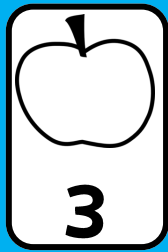
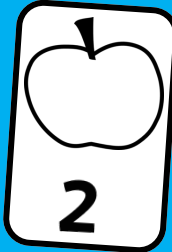
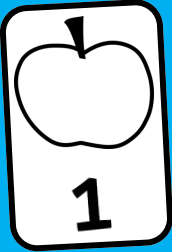


Monday



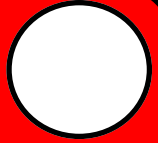
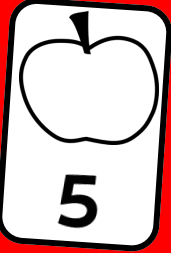
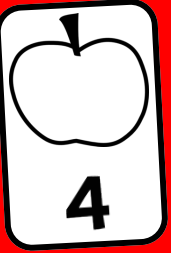
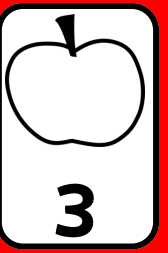
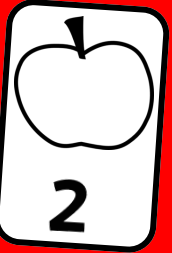
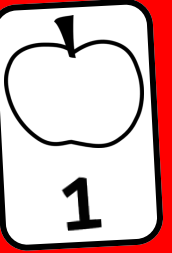
Signed by:

Tuesday



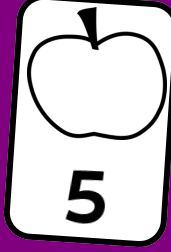
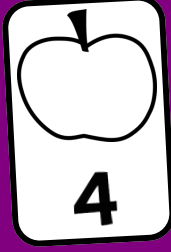
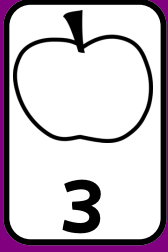
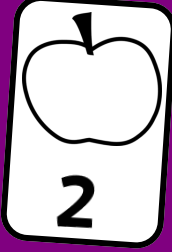
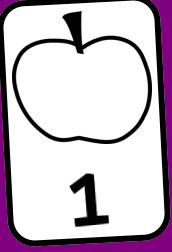
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Wednesday



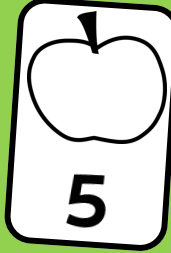
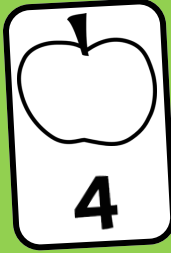
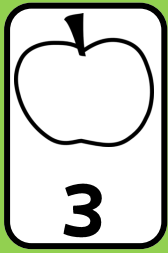
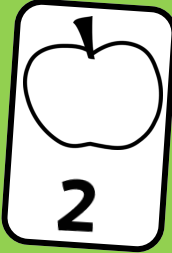
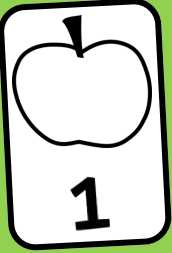
Signed by:

Thursday



Signed by:

Friday



Signed by:

