



Just Eat More
(fruit & veg)

Have you eaten your 5 A Day?

NAME: _____

Just pick 5 of the fruit and vegetables list here each day to reach your 5-a-day target.
Each time you have one of your 5-a-day write in the box which one you had.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

1 heaped
tablespoon of dried
fruit (such as California
Raisins)

2 plums
or similar
sized fruit

1/2 a
grapefruit or
avocado

3 heaped
tablespoons of
vegetables (raw, cooked,
frozen or tinned)

1 slice of
large fruit, such
as melon or
pineapple

3 heaped
tablespoons of
beans and
pulses

1 apple, banana, pear,
orange or other similar
sized fruit

A dessert
bowl of salad

3 heaped
tablespoons of fruit
salad (fresh or tinned
in fruit juice)

1 handful
of grapes,
cherries or
berries

THINK RAISINS. THINK CALIFORNIA

