



Fruit and Vegetable Log

Use this chart to write down the fruits and vegetables you eat for 3 days during the next week. At the end of the week we will add up the total number of servings of fruits and vegetables that you ate to see if you are meeting your body's needs.

Examples of serving sizes

Fruits	1 cupped handful (your hand) 1 small apple A piece of fruit about the size of a baseball
Vegetables	1 cupped handful (your hand) *2 cupped handfuls for Leafy greens 12 baby carrots About the size of a light bulb

	Day 1		Day 2		Day 3	
Fruit	<i>Food</i> <i>grapes</i>	<i>Servings</i> <i>1</i>	<i>Food</i> <i>grapes</i>	<i>Servings</i> <i>1</i>	<i>Food</i> <i>grapes</i>	<i>Servings</i> <i>1</i>
Vegetable						

Total servings of fruit each day						
Total servings of vegetables each day						
Total fruits and vegetables each day						

Why aim for 5 a day?

Here are examples of some of the benefits found in fruits and vegetables:

Vitamin A- Helps your body grow, helps keep your eyes, skin and nails healthy. A diet high in Vitamin A helps to keep your immune system strong, which can help prevent getting sick.

To get Vitamin A try these foods: apricot, carrot, leafy greens, mango, sweet potato, tomato, watermelon. Most orange and yellow fruits and vegetables are good sources

Vitamin C- Helps to keep bones, teeth, and blood vessels healthy. A diet high in Vitamin C can help to heal cuts and prevent infections. Vitamin C can help to prevent colds.

To get Vitamin C try these foods: bell peppers, broccoli, grapes, kiwi, orange, papaya, strawberry and tomato.

Fiber- Foods that contain fiber help to make you feel full. Fiber also helps to keep the digestive system and heart healthy. You get fiber from plant foods like fruits and vegetables.

Plant nutrients (phytonutrients)- It is important to eat a variety of colorful fruits and vegetables, each color helps different parts of our body.

Questions from Fruit and Vegetable Log activity:

1. Did you reach the 5 a day goal for each of the 3 days? Yes No

What could you do next week to reach the 5 a day goal?

2. Did you try any new fruits or vegetables this week? Yes No

3. **What is a fruit or vegetable that you would like to try?**

4. **What is a tasty snack that helps to prevent colds and has its own earth friendly wrapper?**

What do you not get if you make and drink juice from this tasty snack?