

YOUR NAME

# 5 A DAY Just Eat More (fruit & Veg)

MON

TUES

WED

THURS

FRI

SAT

SUN

### ONE PORTION =

- 1 medium glass of fruit juice
- 1 medium sized fruit
- 2 spears of broccoli
- 1 tablespoon of raisins
- 3 heaped tablespoons of peas



Just Eat More  
(fruit & veg)

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Mark a box with a or drawing for every portion you eat