2 & 5 to help you thrive!



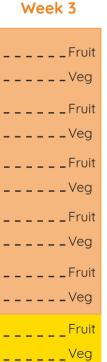
Healthy Eats
Passport Name:_____ Year: School: ____

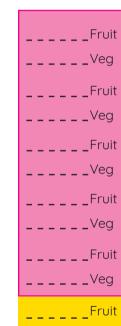


Eat 2 serves of fruit & 5 serves of veg every day!

MondayFruit
TuesdayFruit
WednesdayFruit
ThursdayFruit
FridayFruit
TotalFruit

Week 2
Fruit
Veg





Week 4



Write down
the number of
serves of fruit
and veg you
eat each day at
school.
Remember to
add them up at
the end of
each week!

