

# 2 & 5 to help you thrive!



[www.healthyeatskids.com.au](http://www.healthyeatskids.com.au)

## My Healthy Eats Passport

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

Year: \_\_\_\_\_

School: \_\_\_\_\_





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

	Week 1	Week 2	Week 3	Week 4
Monday	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg
Tuesday	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg
Wednesday	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg
Thursday	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg
Friday	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg
Total	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg	----- Fruit ----- Veg

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!