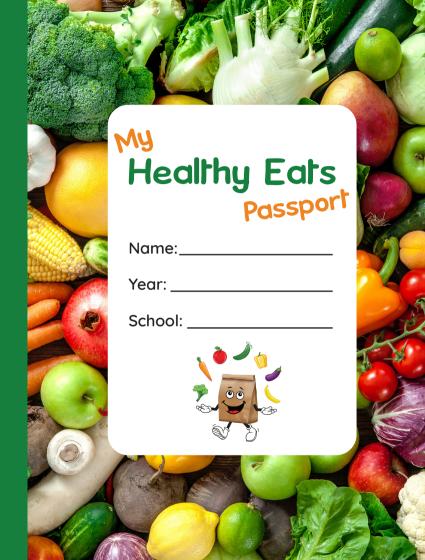
2 & 5 to help you thrive!



www.healthyeatskids.com.au

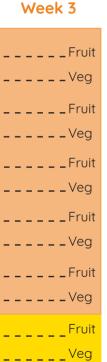


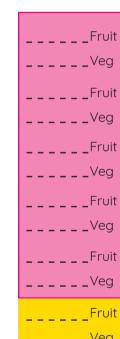


Eat 2 serves of fruit & 5 serves of veg every day!

	Week 1
Monday	Fruit
Tuesday	Fruit
Wednesday	Fruit
Thursday	Fruit
Friday	Fruit
Total	Fruit

Week 2	
Fruit	
Veg	





Week 4



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

