

2 & 5 to help you thrive!



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. Remember to add them up at the end of each week!