

Fruit & Veg star Chart &

NAME DATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Δ				Δ	Δ	
2	Δ				Δ	Δ	
3	Δ	Δ	\Rightarrow	Δ	Δ	Δ	
4	Δ	Δ	\Rightarrow	Δ	Δ	Δ	Δ
5	Δ				Δ		
6	Δ		\Rightarrow	Δ	Δ	Δ	

COLOUR IN THE STARS FOR EACH PORTION OF FRUIT OR VEG

Helping MORE kids get the NUMBER of vegetable servings they need EVERY DAY



Keep it colourful!

Make sure to fill your plate with all the colours of the Rainbow to grow healthy and strong.

